

# PYQ - 2025 (SET - A)

## Pravesh CUET Psychology Test Series 2026 Psychology

**Q1** Match List-I with List-II

List-I	List-II
(A) Giftedness	(I) Remarkable ability in a specific field
(B) Talent	(II) Novel and unique idea
(C) Prodigy	(III) Exceptional general ability characterized by advanced logical thinking, questioning and problem-solving behaviour
(D) Creativity	(IV) Highly talented

Choose the correct answer from the options given below:

- (A) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)
- (B) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)
- (C) (A) - (IV), (B) - (III), (C) - (I), (D) - (II)
- (D) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)

**Q2** Which of the following focuses on the links between the mind, brain and immune system?

- (A) Psychopathology
- (B) Psychoneuroimmunology
- (C) Psychoimmunology
- (D) Psychoneurology

**Q3** In the process of attitude change, the concept of balance, proposed by Fritz Heider states that imbalance is found when:

- (A) all three sides of the P-O-X triangle are negative
- (B) all three sides of P-O-X triangle are positive
- (C) two sides of P-O-X triangle are negative and one side is positive
- (D) one side of P-O-X triangle is negative and two sides are positive

**Q4** Gardner and Sternberg have suggested that an intelligent individual not only adapts to the environment but also actively \_\_\_\_\_ it.

- (A) ignores
- (B) modifies
- (C) withdraws from
- (D) ruins

**Q5** Shabnam has always stood first in her class. She enjoys all the subjects in the curriculum. Soon, she has to choose her stream, but she is still not sure if she should opt for Science or Humanities. Which psychological test could guide her in choosing the appropriate stream?

- (A) Creativity test
- (B) Personality test
- (C) Interest test
- (D) Aptitude test



**Q6** Amita enjoys reading. She becomes happy when someone gifts her a book and sad when she sees everyone bent over their mobile phone scrolling messages on their screen. Identify the affective component of Amita's attitude.

- (A) Enjoy reading books
- (B) Receiving any kind of gift
- (C) Feeling happy when someone gifts her a book
- (D) Watching mobile screen

**Q7** Monica goes to a therapist to help her deal with her phobia. Identify the process of systematic desensitization that is used by the therapist:

- (A) Over the sessions, Monica is able to imagine more severe fear-provoking situations while maintaining relaxation.
- (B) The therapist teaches relaxation technique to Monica, and she is asked to think about the least fear-provoking situation.
- (C) Eventually, Monica gets systematically desensitized to her fear.
- (D) Monica is interviewed by the therapist to elicit the fear-provoking situations. Together with the client, the therapist prepares a hierarchy of fear-provoking stimuli.
- (E) She is asked to stop thinking of the fearful situation if any tension is felt.

Choose the correct answer from the options given below:

- (A) (D), (B), (E), (C), (A)
- (B) (E), (D), (B), (A), (C)
- (C) (D), (B), (E), (A), (C)
- (D) (B), (E), (D), (A), (C)

**Q8** Select the correct statements regarding Cognitive Behavior Therapy:

- (A) Currently, it is a popular therapy.
- (B) It is effective in treating a wide range of problems such as anxiety, depression etc.
- (C) The therapist encourages the client to act out fantasies about feelings and conflicts.
- (D) It combines cognitive therapy with behavioral techniques.

Choose the correct answer from the options given below:

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

**Q9** Identify the correct facts describing Rational Emotive Therapy from the statements below:

- (A) The central thesis of the theory is that emotional beliefs mediate between antecedent events and consequences.
- (B) Rational Emotive Therapy is a cognitive therapy given by Aaron Beck.
- (C) The Antecedent-Belief-Consequence analysis is carried out.
- (D) Irrational beliefs are assessed through questionnaires and interviews.

Choose the correct answer from the options given below:

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



- Q10** Paul joined a coaching institute because of his senior who was a student of that institute and had got selected in the engineering competitive exam. The advertisements in the newspaper for the same coaching institute were regularly being featured, but Paul was convinced only when his senior spoke favourably to him about the institute. Which factor influenced Paul's attitude?  
 (A) Credibility of the source  
 (B) Popularity of the coaching institute  
 (C) Emotional appeal in the advertisements  
 (D) Rational appeal in the pamphlets
- Q11** Which one of the following traits is NOT a part of Allport's trait theory?  
 (A) Cardinal  
 (B) Source  
 (C) Central  
 (D) Secondary
- Q12** Neeta is a budding artist. She is an intelligent and introverted girl. She is very thin, long and fragile in body build. Which personality type given by Sheldon would she fit in?  
 (A) Endomorphic  
 (B) Ectomorphic  
 (C) Mesomorphic  
 (D) Phlegmatic
- Q13** In which level of consciousness, people are aware of their thoughts, feelings and actions?  
 (A) Unconscious  
 (B) Conscious  
 (C) Pre-conscious  
 (D) Subconscious

- Q14** Since Radha had performed well in her midterm examinations, she rewarded herself by going out with friends for a movie. Which technique of self-regulation was used by her?  
 (A) Self-control  
 (B) Self-instruction  
 (C) Self-reinforcement  
 (D) Observation of own behaviour
- Q15** The notion of self-efficacy is based on Bandura's \_\_\_\_\_.  
 (A) Self instruction technique  
 (B) Trait theory  
 (C) Social learning theory  
 (D) Interactional approach
- Q16** Match List-I with List-II

List-I	List-II
(A) T-helper cells	(I) Foreign bodies e.g. viruses
(B) Antigens	(II) Enhance immunological activity
(C) T-cells	(III) Produce antibodies
(D) B-cells	(IV) Destroy invaders

Choose the correct answer from the options given below:

- (A) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)  
 (B) (A) - (II), (B) - (I), (C) - (IV), (D) - (III)  
 (C) (A) - (III), (B) - (I), (C) - (II), (D) - (IV)  
 (D) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)
- Q17** According to which theory, there are three basic types of intelligence: Experiential, Componential and Contextual?  
 (A) Theory of Multiple Intelligence  
 (B) Theory of Primary Mental Abilities  
 (C) Two-Factor Theory  
 (D) Triarchic Theory of Intelligence



- Q18** Who proposed the two-step concept in the context of attitude change?  
 (A) Leon Festinger  
 (B) S. M. Mohsin  
 (C) Fritz Heider  
 (D) Gordon Allport

**Q19** Match List-I with List-II

List-I	List-II
(A) Pilots and Architects	(I) Musical
(B) Counsellors and Politicians	(II) Intrapersonal
(C) Philosophers and Spiritual leaders	(III) Spatial
(D) Singers and Composers	(IV) Interpersonal

Choose the correct answer from the options given below:

- (A) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)  
 (B) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)  
 (C) (A) - (I), (B) - (II), (C) - (IV), (D) - (III)  
 (D) (A) - (III), (B) - (IV), (C) - (II), (D) - (I)

- Q20** Harish has poor interpersonal skills and hence, he is unable to communicate with his colleagues at his workplace. When he is not able to finish deadlines, rather than seeking help, he vents out his anger and frustration over them. Which coping strategy is being used by Harish?  
 (A) Emotion-oriented  
 (B) Problem-focused  
 (C) Task-oriented  
 (D) Avoidance-oriented

- Q21** Reshma gets very stressed during any competition. The counsellor advised her to use positive imagery and imagination to reduce her stress. Identify the stress management technique advised by the counsellor:  
 (A) Biofeedback  
 (B) Meditation  
 (C) Relaxation  
 (D) Creative visualisation

**Q22** Match List-I with List-II

List-I (Therapy)	List-II (Description)
(A) Cognitive Therapy	(I) Free association and dream analysis
(B) Psychodynamic Therapy	(II) Identification of faulty conditioning patterns and setting up of alternate behavioural contingencies
(C) Behavioural Therapy	(III) Methods that are employed to challenge faulty thinking patterns
(D) Existential Therapy	(IV) Provides an environment which is positive, accepting and non-judgmental

Choose the correct answer from the options given below:

- (A) (A) - (II), (B) - (I), (C) - (III), (D) - (IV)  
 (B) (A) - (III), (B) - (I), (C) - (II), (D) - (IV)  
 (C) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)  
 (D) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)



- Q23** Identify the statements related to the Diathesis-Stress Model.
- (A) The first component is the diathesis or the presence of some biological aberration which may be inherited.
- (B) Abnormal functioning can result from cognitive problems.
- (C) The diathesis may carry a vulnerability to develop a psychological disorder.
- (D) If such "at risk" persons are exposed to pathogenic stressors, their predisposition may evolve into a disorder.
- Choose the correct answer from the options given below
- (A) (A) and (D) only
- (B) (A), (C) and (D) only
- (C) (A), (B) and (C) only
- (D) (B), (C) and (D) only
- Q24** Identify the sequence of the procedural steps followed in Rational Emotive Therapy (RET):
- (A) There is a reduction in psychological distress
- (B) Antecedent-Belief-Consequence analysis is carried out
- (C) The rational belief system replaces the irrational belief system
- (D) Irrational beliefs are refuted by the therapist through non-directive questioning
- Choose the correct answer from the options given below:
- (A) (A), (C), (B), (D)
- (B) (B), (D), (C), (A)
- (C) (B), (D), (A), (C)
- (D) (A), (B), (D), (C)
- Q25** In which assessment method, person provides factual information about himself/ herself and/or opinions, beliefs etc. that he/she holds?
- (A) Experiment
- (B) Observation
- (C) Case study
- (D) Self-report

- Q26** Dr. Mudit is a surgeon known for expertise, skill and precision in his profession. Which of the following intelligence is Dr. Mudit supposed to be high on?
- (A) Logical-mathematical
- (B) Spatial
- (C) Linguistic
- (D) Bodily-Kinaesthetic
- Choose the correct answer from the options given below:
- (A) (A) and (B) only
- (B) (B) and (D) only
- (C) (B) and (C) only
- (D) (D) and (C) only
- Q27** If the mental age of a 10 year old boy is 12, then what is his IQ?
- (A) 100
- (B) 110
- (C) 120
- (D) 115
- Q28** Which therapy places importance on the present and considers that feelings of loneliness and alienation are the cause of psychological problems?
- (A) Existential therapy
- (B) Behavioral therapy
- (C) Gestalt therapy
- (D) Cognitive therapy



**Q29** Match List-I with List-II

List-I (Therapy)	List-II (Core Concept/Technique)
(A) Psychodynamic Therapy	(I) Unconditional positive regard
(B) Behaviour Therapy	(II) Irrational thoughts
(C) Cognitive Behaviour Therapy	(III) Repressed conflicts
(D) Humanistic Therapy	(IV) Token economy

Choose the correct answer from the options given below:

- (A) (A) - (III), (B) - (IV), (C) - (II), (D) - (I)  
 (B) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)  
 (C) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)  
 (D) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)

**Q30** Identify the statements related to group polarisation:

- (A) In the company of like-minded people, you are likely to hear newer arguments favoring your viewpoint.  
 (B) When you find others also favoring your view point, you feel that your view is validated by others.  
 (C) The weakening of the group's initial position as a result of discussion with others is called group polarisation.  
 (D) In group polarisation, groups are more likely to take extreme decisions than individuals alone.

Choose the correct answer from the options given below:

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

**Q31** Ritika has been unwell for a long period of time and hence she has missed a lot of classes. When she shared this with her friend, her friend helped her with all the necessary notes. Identify the kind of social support offered by her friend.

- (A) Emotional support  
 (B) Tangible support  
 (C) Rational support  
 (D) Informational support

**Q32** The genocide committed by the Nazis in Germany against Jewish people is an extreme example of how prejudice can lead to \_\_\_\_\_.

- (A) Integration  
 (B) Discrimination  
 (C) Social facilitation  
 (D) Self-fulfilling prophecy

**Q33** In the psychosexual stages of development, failure of a child to pass successfully through any stage leads to:

- (A) Regression  
 (B) Electra-complex  
 (C) Maturity  
 (D) Fixation

**Q34** Morris has suggested \_\_\_\_\_ personality, which is prone to cancer.

- (A) Type A  
 (B) Type B  
 (C) Type C  
 (D) Type D

**Q35** Low activity of serotonin has been found to be highly associated with:

- (A) Anxiety  
 (B) Depression  
 (C) Schizophrenia  
 (D) Attention Deficit Hyperactive Disorder (ADHD)



- Q36** In Alfred Adler's view, every individual suffers from:
- (A) Identity crisis
  - (B) Basic anxiety
  - (C) Inferiority complex
  - (D) Collective unconscious
- Q37** Neeta was slower than her peers during her school days and she scored 60 on IQ. Identify Neeta's level of intellectual disability.
- (A) Profound
  - (B) Moderate
  - (C) Severe
  - (D) Mild
- Q38** According to Tuckman, identify the correct developmental sequence that the groups passes through.
- (A) Performing
  - (B) Norming
  - (C) Storming
  - (D) Forming
- Choose the correct answer from the options given below:
- (A) (A), (B), (C), (D)
  - (B) (D), (C), (B), (A)
  - (C) (B), (A), (D), (C)
  - (D) (C), (B), (D), (A)
- Q39** Identify the correct sequence of Freud's psychosexual stage theory of personality development:
- (A) Anal Stage
  - (B) Phallic Stage
  - (C) Oral Stage
  - (D) Latency Stage
  - (E) Genital
- Choose the correct answer from the options given below:
- (A) (A), (D), (C), (B), (E)
  - (B) (A), (B), (D), (C), (E)
  - (C) (B), (A), (C), (D), (E)
  - (D) (C), (A), (B), (D), (E)

- Q40** Sarthak believes that he is highly liked by everyone in his family and that his parents will always choose him over others in any circumstance. In which aspect of 'self' will Sarthak score high?
- (A) Self-concept
  - (B) Self-esteem
  - (C) Self-efficacy
  - (D) Self-regulation



**Direction (41 - 45) Read the following passage and answer the given questions.**

"It is generally seen that important decisions are taken by groups and not by individuals alone. For example, a decision had to be taken regarding corruption charges against an employee. Johnson was an employee working as an Assistant Manager in a pharma company. He joined this company in 2020 and has proven his mettle by his performance and commitment. One day he was caught red-handed by a senior official of the company while he was taking bribes from a client for some favor. This news spread like fire in the company. A high level committee consisting of 5 members was set up to look into the matter. There had been precedence when demotion was awarded as a punishment in similar cases. Initially, when the inquiry was set up, every member was of the view of downgrading his current rank. But one member shared his/her view about his termination. Over the discussions, it was found that every member developed an opinion about Johnson's termination from the services. It is a general tendency that when one's view is favoured by others, the person feels like his view is validated by the public. In this matter, the committee finally announced his termination."

**Q41** Select the correct statement regarding group polarisation:

- (A) Groups are more likely to take extreme decisions than individuals alone.
- (B) People put less individual effort.
- (C) People perform better in the presence of the audience.
- (D) Making the efforts of each member identifiable minimises the group polarisation.

**Q42** When you find people having similar views, you are likely to perceive them as:

- (A) Outgroup
- (B) Ingroup
- (C) Formal group
- (D) Informal group

**Q43** The tendency 'when one's view is favoured by others, the person feels like his view is validated by the public' is known as:

- (A) Bandwagon effect
- (B) Social loafing
- (C) Social facilitation
- (D) Group polarisation

**Q44** Which phenomenon is the reason behind the committee's extreme step in announcing the termination of Johnson's services?

- (A) Groupthink
- (B) Cohesiveness
- (C) Group polarisation
- (D) Social loafing

**Q45** Which of the following is NOT an example of group polarisation?

- (A) Discipline committee's decision on expulsion of a student from the school for his/her conduct.
- (B) Group consent on the implementation of capital punishment.
- (C) A board's decision to terminate the service of an employee for a minor mistake.
- (D) Personal decision not to participate in the school prayer.



**Direction (46 - 50) Read the following passage and answer the given questions.**

"Rajan, a grade XII student, has been aspiring for medicine as a career. He has gone through a lot of challenges on the family-front, like moving into a new house, serious health issues, financial setbacks etc. Suddenly, a week before his entrance examination, he experienced numbness on the left side of his body and within the next few days he was unable to move entirely. He was hospitalized and couldn't appear for the entrance exam. Doctors did not find any physiological anomalies in his medical reports but identified psychological causes of the problem. Later, he recovered and is now pursuing his graduation."

- Q46** Identify the disorder that Rajan was diagnosed with.
- (A) Somatic Symptom Disorder      (B) Illness Anxiety Disorder  
(C) Conversion Disorder      (D) Panic Disorder
- Q47** Identify which of the following is a classification system that can be referred to screen Rajan's disorder?
- (A) DSM-5      (B) MMPI-2  
(C) WAIS-R      (D) SAT-5
- Q48** Which of the following does not support somatic symptom and related disorders?
- (A) People experience persistent body-related issues  
(B) People are preoccupied with the idea of developing a disorder  
(C) People develop these symptoms all of a sudden  
(D) People lose the sense of reality

- Q49** Identify which of the 4D's was not predominantly present in Rajan's condition?
- (A) Dysfunction      (B) Deviance  
(C) Distress      (D) Danger
- Q50** Which one of the following factors underlies Rajan's behaviour?
- (A) Unhealthy life style      (B) Malnutrition  
(C) Stress      (D) Injuries



# Answer Key

Q1 B  
Q2 B  
Q3 D  
Q4 B  
Q5 D  
Q6 C  
Q7 C  
Q8 C  
Q9 A  
Q10 A  
Q11 B  
Q12 B  
Q13 B  
Q14 C  
Q15 C  
Q16 B  
Q17 D  
Q18 B  
Q19 D  
Q20 A  
Q21 D  
Q22 B  
Q23 B  
Q24 B  
Q25 D

Q26 B  
Q27 C  
Q28 A  
Q29 A  
Q30 C  
Q31 B  
Q32 B  
Q33 D  
Q34 C  
Q35 B  
Q36 C  
Q37 D  
Q38 B  
Q39 D  
Q40 B  
Q41 A  
Q42 B  
Q43 A  
Q44 C  
Q45 D  
Q46 C  
Q47 A  
Q48 D  
Q49 D  
Q50 C



# Hints & Solutions

Note: scan the QR code to watch video solution

## Q1 Text Solution:

- Correct Answer: (A)-(III), (B)-(I), (C)-(IV), (D)-(II)

Full Explanation:

- Giftedness (A): Refers to exceptional general ability shown in high performance across several areas, specifically characterized by advanced logical thinking and problem-solving.
- Talent (B): Refers to a remarkable or superior ability in a narrow or specific field, such as music, art, or mathematics.
- Prodigy (C): A term used to describe individuals who are "highly talented," often showing adult-level skills in a specific area at a very young age.
- Creativity (D): Defined as the ability to produce something new, original, and appropriate—essentially a "novel and unique idea".

## Q2 Text Solution:

- Correct Answer: (B) Psychoneuroimmunology
- Full Explanation: Psychoneuroimmunology is the field that studies the complex interactions between the mind (psychological processes), the brain (nervous system), and the immune system. It explores how stress and other psychological factors can influence the body's ability to defend itself against disease by affecting white blood cells and immune response.

## Q3 Text Solution:

- Correct Answer: (d) one side of P-O-X triangle is negative and two sides are positive
- Full Explanation: Fritz Heider's Balance Theory uses a triangle (P-O-X) representing three relationships. Imbalance occurs when the relationships are logically inconsistent, leading to mental discomfort. Specifically, imbalance exists when one side is negative and two sides are positive (or when all three sides are negative), because the product of the relationships results in a negative state.

## Q4 Text Solution:

- Correct Answer: (b) modifies
- Full Explanation: Intelligence is not just passive adaptation. Robert Sternberg, in his Triarchic Theory, defines intelligence as the ability to adapt to, shape (modify), and select environments to accomplish goals. This means a person high on contextual intelligence can modify their surroundings to better fit their needs or those of their culture.

## Q5 Text Solution:

- Correct Answer: (D) Aptitude test
- Full Explanation: While an Interest test measures what someone likes doing, an Aptitude test is used to predict a person's potential for acquiring specific skills with training. For career guidance, aptitude tests are essential because they identify if a student has the underlying mental capacity to succeed in a particular field, such as Science or Humanities.



**Q6 Text Solution:**

- Correct Answer: (c) Feeling happy when someone gifts her a book
- Full Explanation: Attitudes consist of three components: Cognitive, Affective, and Behavioral (the A-B-C components). The affective component refers to the emotional aspect, such as feelings of pleasure or displeasure, towards the attitude object. In this case, Amita's "feeling happy" represents the emotional/feeling side of her attitude.

**Q7 Text Solution:**

- Correct Answer: (D), (B), (E), (A), (C)
- Full Explanation: Systematic desensitization, introduced by Wolpe, follows a specific order:
  1. Hierarchy construction (D): The therapist and client create a list of fear-provoking stimuli from least to most intense.
  2. Relaxation training and least fear (B): The client learns relaxation and pairs it with the least scary item.
  3. Halting at tension (E): If the client feels tension, they stop imagining the scene to regain relaxation.
  4. Progression (A): The client moves up the hierarchy to more severe scenes while staying relaxed.
  5. Desensitization (C): Finally, the client is no longer afraid of the actual stimuli.

**Q8 Text Solution:**

- Correct Answer: c) - (A), (B) and (D) only
- Full Explanation: Cognitive Behavior Therapy (CBT) is currently highly popular (A) and has been proven effective for disorders like anxiety and depression (B). It is a comprehensive approach that combines cognitive methods (addressing thoughts) with behavioral techniques (addressing actions) (D). Statement (C) is incorrect because acting out fantasies is a feature of therapies like Psychodrama or Gestalt therapy, not standard CBT.

**Q9 Text Solution:**

- Correct Answer: - (A), (C) and (D) only
- Full Explanation: Rational Emotive Therapy (RET) centers on the idea that irrational beliefs (B) mediate between an event (A) and its emotional outcome (C) (Statement A and C). These beliefs are identified via clinical tools like interviews (D). Statement (B) is false because RET was developed by Albert Ellis; Aaron Beck developed "Cognitive Therapy".

**Q10 Text Solution:**

- Correct Answer: (a) Credibility of the source
- Full Explanation: Attitude change is often influenced by the "source". Paul was not moved by general advertisements but was convinced by his senior, who is a successful student and thus a "credible" source for Paul. Identification and liking for the source play a major role in this influence.



**Q11 Text Solution:**

• Correct Answer: (B) Source

• Full Explanation: Gordon Allport, a pioneer of the trait approach, categorized human traits into three levels: Cardinal traits (highly generalized goals that define a person's life), Central traits (less pervasive but still generalized dispositions often used in testimonials), and Secondary traits (specific preferences or traits that are the least generalized). The term "Source traits" is associated with Raymond Cattell's personality theory, which uses factor analysis to distinguish between surface traits and the underlying source traits that make up the basic structure of personality.

**Q12 Text Solution:**

• Correct Answer: (B) Ectomorphic

• Full Explanation: William Sheldon proposed a typology based on body build and temperament. He identified three types:

Endomorphic: Fat, soft, and round; typically relaxed and sociable.

Mesomorphic: Strong musculature and rectangular body build; typically energetic and courageous.

Ectomorphic: Thin, long, and fragile in build; typically described as brainy, artistic, and introverted. Since Neeta is described as thin, fragile, artistic, and introverted, she perfectly fits the Ectomorphic type.

**Q13 Text Solution:**

• Correct Answer: (b) Conscious,

Full Explanation: According to Sigmund Freud's psychodynamic theory, the human mind is visualized in terms of three levels of consciousness,

• Conscious: This is the level that includes the thoughts, feelings, and actions of which people are currently and actively aware,.

• Pre-conscious: This level includes mental activity that a person is not currently aware of but can become aware of if they focus their attention on it closely,.

• Unconscious: This is the deepest level, serving as a reservoir for instinctive drives and repressed memories that are hidden from conscious awareness,.

**Q14 Text Solution:**

• Correct Answer: (c) Self-reinforcement

• Full Explanation: Self-regulation refers to our ability to organize and monitor our own behavior. Psychologists have suggested several techniques for self-regulation, one of which is Self-reinforcement. This involves rewarding behaviors that have pleasant outcomes. In this case, Radha rewards her academic success with a movie, which serves as a positive consequence to strengthen her performance behavior. In contrast, self-instruction involves talking to oneself to guide behavior, and self-control involves delaying immediate gratification for long-term goals.



**Q15 Text Solution:**

- Correct Answer: (C) Social learning theory
- Full Explanation: The concept of self-efficacy refers to the extent to which individuals believe they control their own life outcomes rather than relying on luck or fate. This notion is specifically based on Albert Bandura's social learning theory, which posits that people learn behaviors by observing and imitating others. A strong sense of self-efficacy allows individuals to influence and construct the circumstances of their own lives.

**Q16 Text Solution:**

- Correct Answer: (b): (A)-(II), (B)-(I), (C)-(IV), (D)-(III)
- Full Explanation: This question relates to Psychoneuroimmunology, which studies the link between the mind and the immune system.
  - Antigens (B) are foreign bodies, such as viruses or bacteria, that enter the body.
  - T-cells (C) are a type of white blood cell that directly destroys these invaders.
  - T-helper cells (A) increase or enhance immunological activity to help the body fight better.
  - B-cells (D) are responsible for producing antibodies, which are proteins that neutralize antigens.

**Q17 Text Solution:**

- Correct Answer: (d) Triarchic Theory of Intelligence
- Full Explanation: Robert Sternberg proposed the Triarchic Theory of Intelligence in 1985. He viewed intelligence as the ability to adapt to, shape, and select environments. He divided intelligence into three types:
  - Componential (Analytical): The internal mechanisms used to solve problems.
  - Experiential (Creative): The ability to use past experiences to solve novel problems.
  - Contextual (Practical): "Street smartness" or the ability to handle everyday environmental demands.

**Q18 Text Solution:**

- Correct Answer: (b) S. M. Mohsin
- Full Explanation: The two-step concept of attitude change was proposed by the Indian psychologist S.M. Mohsin. In the first step, the target (the person whose attitude is to be changed) identifies with the source (the influencer). Identification means the target likes and respects the source and tries to feel like them. In the second step, the source shows an attitude change by their own behavior towards the object. Observing this, the target also changes their attitude to remain consistent with the source, representing a form of observational learning.



**Q19 Text Solution:**

- Correct Answer: d) : (A)-(III), (B)-(IV), (C)-(II), (D)-(I)

- Full Explanation: This question is based on Howard Gardner's Theory of Multiple Intelligences.

Spatial (III): The ability to form and use mental images. Pilots and Architects rely on this to represent the spatial world in their minds.

Interpersonal (IV): The ability to understand the motives and feelings of others. Counsellors and Politicians use this to bond and relate to people.

Intrapersonal (II): Knowledge of one's own internal strengths and limitations. Philosophers and Spiritual leaders reflect this intelligence.

Musical (I): Capacity to create and manipulate musical patterns. This is high in Singers and Composers.

**Q20 Text Solution:**

- Correct Answer: (a) Emotion-oriented

- Full Explanation: According to psychologists Endler and Parker, people use different strategies to cope with stress. The Emotion-oriented strategy involves efforts to maintain hope and control one's emotions, but it can also include venting anger and frustration or becoming depressed. In this case, instead of addressing the task (the deadline) or seeking help, Harish directs his energy toward expressing his negative feelings toward his colleagues, which identifies his behavior as emotion-oriented coping.

**Q21 Text Solution:**

- Correct Answer: (d) Creative visualisation

- Full Explanation: Creative visualisation is a stress management technique that involves using positive imagery and imagination. It is a subjective experience where an individual creates a mental image of a desired outcome or a peaceful scene to reduce anxiety and stress. Since the counsellor specifically advised Reshma to use "positive imagery and imagination" to handle her competitive stress, the technique is creative visualisation.

**Q22 Text Solution:**

- Correct Answer: b : - (A)-(III), (B)-(I), (C)-(II), (D)-(IV)

- Full Explanation: Each therapeutic approach identifies different causes and methods for treating psychological distress:

Cognitive Therapy (A): Focuses on challenging and changing the client's faulty thinking patterns and irrational beliefs.

Psychodynamic Therapy (B): Primarily uses free association and dream analysis to uncover unconscious conflicts.

Behavioural Therapy (C): Aims to identify faulty conditioning patterns and replace them with alternate behavioral contingencies through learning principles.

Existential Therapy (D): Focuses on personal growth by providing a positive, accepting, and non-judgmental environment.



**Q23 Text Solution:**

- Correct Answer: (A), (C) and (D) only
- Full Explanation: The Diathesis-Stress Model explains how psychological disorders develop through three components:
  - Component 1 (A): The presence of a diathesis (biological aberration or genetic predisposition) which can be inherited.
  - Component 2 (C): This diathesis functions as a vulnerability to develop a disorder.
  - Component 3 (D): The actual disorder may only manifest if the individual is exposed to pathogenic stressors (environmental triggers) that evolve the predisposition into a disorder.
- Statement (B) is incorrect in this context because it describes the Cognitive Model, which attributes abnormality to faulty thought processes rather than the diathesis-stress interaction.

**Q24 Text Solution:**

- Correct Answer: (B), (D), (C), (A)
- Full Explanation: Rational Emotive Therapy (RET), developed by Albert Ellis, follows a specific chronological order:
  1. Step 1 (B): The process begins with ABC analysis, identifying the Antecedent events and the irrational Beliefs that lead to negative emotional Consequences.
  2. Step 2 (D): The therapist then refutes these irrational beliefs through gentle, non-directive questioning, forcing the client to think deeper into their assumptions.
  3. Step 3 (C): As a result of this questioning, a rational belief system gradually replaces the old irrational one.
  4. Step 4 (A): This cognitive change leads to the final outcome: a significant reduction in psychological distress.

**Q25 Text Solution:**

- Correct Answer: (d) Self-report
- Full Explanation: Self-report is a psychological assessment method where an individual provides factual information about their own life, opinions, and beliefs,. This information is typically collected through structured tools such as questionnaires, interview schedules, or personal diaries,. In personality assessment, self-report measures are highly structured and are used to evaluate an individual's unique characteristics objectively.

**Q26 Text Solution:**

- Correct Answer: (B) and (D) only
- Full Explanation: Based on Howard Gardner's Theory of Multiple Intelligences, a surgeon requires a specific combination of abilities,;
  - Spatial Intelligence (B): This involves the ability to form, use, and transform mental images. A surgeon needs this to visualize internal anatomical structures accurately.
  - Bodily-Kinaesthetic Intelligence (D): This refers to the ability to use the whole body or portions of it with great flexibility and precision. For a surgeon, this translates to the expertise, skill, and precision required for delicate manual tasks during operations. Gardner notes that professionals like surgeons, pilots, and athletes often show high levels of these specific intelligences,.

**Q27 Text Solution:**

- Correct Answer: (c) 120
- Full Explanation: The Intelligence Quotient (IQ) is calculated using the formula:  $IQ = (\text{Mental Age} / \text{Chronological Age}) \times 100$ .
  - Mental Age (MA) is given as 12.
  - Chronological Age (CA), which is the actual age from birth, is given as 10.
  - Calculation:  $(12 / 10) \times 100 = 120$ .



**Q28 Text Solution:**

- Correct Answer: (a) Existential therapy
- Full Explanation: Existential therapy is based on the philosophy that psychological distress arises because people find their lives to be meaningless or lack direction. Unlike therapies that focus on the past, it places significant importance on the present. It identifies the core causes of psychological problems as current feelings of loneliness, alienation, and a sense of the futility of one's existence. The goal of the therapy is to help the individual achieve personal growth and find meaning in their life.

**Q29 Text Solution:**

- Correct Answer: (a) (A) - (III), (B) - (IV), (C) - (II), (D) - (I)

- Full Explanation:

Psychodynamic Therapy (A): Based on Freud's theory, it focuses on bringing repressed conflicts from the unconscious to the conscious mind to resolve abnormal behavior.

Behaviour Therapy (B): Uses learning principles to change maladaptive behavior. A token economy is a specific technique where desired behaviors are rewarded with tokens that are later exchanged for prizes.

Cognitive Behaviour Therapy (C): Aims to replace negative and irrational thoughts with positive, rational ones through cognitive restructuring and behavioral interventions.

Humanistic Therapy (D): Specifically Carl Rogers' client-centered therapy, it emphasizes providing unconditional positive regard, which is total acceptance of the client regardless of their actions.

**Q30 Text Solution:**

- Correct Answer: (c) : - (A), (B) and (D) only

- Full Explanation: Group polarisation is the strengthening (not weakening) of a group's initial position as a result of interaction and discussion.

Statement (A) is correct because like-minded people provide new arguments that bolster one's existing view.

Statement (B) is correct as finding agreement in a group leads to the bandwagon effect, where individuals feel their views are socially validated.

Statement (D) is correct because group interactions often lead to more extreme decisions (e.g., from a minor rank downgrade to a full termination of service) than individuals would take alone.

Statement (C) is incorrect because polarisation involves the strengthening of a position, not its weakening.



**Q31 Text Solution:**

- Correct Answer: (b) Tangible support

Full Explanation

According to the sources, social support is categorized into different types based on the nature of the assistance provided:

- Tangible Support: This involves providing material aid such as money, goods, or services. The sources explicitly state that an example of tangible support is when a student gives notes to a friend who was absent from school due to sickness. Since Ritika's friend provided her with physical notes to help her catch up, it falls directly under this category.
- Informational Support: This involves providing information about stressful events and helping an individual determine coping strategies. For example, a friend telling a student about exact procedures for an examination they have already faced.
- Emotional Support: This involves reassuring the individual that they are loved, valued, and cared for during times of stress.

**Q32 Text Solution:**

- Correct Answer: (B) Discrimination.

• Full Explanation: Prejudice is a pre-judgment or a negative attitude toward a specific group,. When this negative attitude is translated into behavior, it is called discrimination. Discrimination involves showing behavior that is less favorable towards a group. Genocide, such as that committed by the Nazis, represents the most extreme and violent form of discrimination resulting from deeply rooted prejudice.

**Q33 Text Solution:**

- Correct Answer: (d) Fixation.

• Full Explanation: Sigmund Freud proposed that personality develops through a series of psychosexual stages,. If a child is unable to successfully resolve the conflicts associated with a particular stage or experiences excessive frustration/over-indulgence, it results in fixation. Fixation is a failure of development where a person remains "stuck" at an earlier stage, and their instinctual energy (libido) remains tied to that stage throughout life,.

**Q34 Text Solution:**

- Correct Answer: (c) Type C

• Full Explanation: Psychologists have identified specific personality types linked to health outcomes. Morris proposed the Type C personality, which is characterized by being cooperative, unassertive, patient, and suppressing negative emotions, especially anger. Research suggests that this suppression of emotions makes individuals more susceptible to cancer. In contrast, Type A is linked to coronary heart disease, and Type D is linked to depression.

**Q35 Text Solution:**

- Correct Answer: (b) Depression.

• Full Explanation: Serotonin is a vital neurotransmitter that helps regulate mood, sleep, and appetite. Research indicates that low activity or reduced levels of serotonin in the brain are strongly linked to the development of depression. While other neurotransmitters like dopamine are associated with disorders like Schizophrenia, mood disorders are specifically tied to imbalances in serotonin and norepinephrine.



**Q36 Text Solution:**

- Correct Answer: (c) Inferiority complex.
- Full Explanation: Alfred Adler, a post-Freudian theorist, emphasized the role of the conscious ego and social interest. He proposed that every individual experiences feelings of inadequacy during childhood, which he termed the inferiority complex. According to Adler, the primary human motivation is the "striving for superiority" to overcome these inherent feelings of inferiority.

**Q37 Text Solution:**

- Correct Answer: (d) Mild.
- Full Explanation: Intellectual disability is classified into different levels based on IQ ranges. According to the American Association on Mental Deficiency (AAMD) and the classification provided in the sources, individuals with an IQ score between 55 and approximately 70 are categorized as having a Mild level of intellectual disability. Since Neeta's score is 60, she falls into this category. People with mild disability can often live independently and hold jobs but may develop more slowly than their peers.

**Q38 Text Solution:**

- Correct Answer: (D), (C), (B), (A).
- Full Explanation: Bruce Tuckman proposed that groups pass through five developmental stages. The correct chronological sequence is:
  1. Forming (D): Members meet for the first time; there is uncertainty about the group's goal.
  2. Storming (C): A stage of intergroup conflict where members jockey for position and priority.
  3. Norming (B): Group structure stabilizes, and members develop shared rules and standards of behavior.
  4. Performing (A): The group becomes functional and works together toward achieving its goals.

**Q39 Text Solution:**

- Correct Answer: (C), (A), (B), (D), (E).
- Full Explanation: Sigmund Freud proposed that personality development occurs through five distinct psychosexual stages. The correct chronological sequence is:
  1. Oral Stage (C): Newborns focus on the mouth for primary pleasure (sucking, biting).
  2. Anal Stage (A): Occurs around ages 2–3, focusing on toilet training and control over bodily functions.
  3. Phallic Stage (B): Occurs around ages 4–5, focusing on genitals and the resolution of the Oedipus/Electra complexes.
  4. Latency Stage (D): A period of dormant sexual feelings where energy is channeled into social and intellectual activities.
  5. Genital Stage (E): Beginning at puberty, focusing on mature sexual interests.



**Q40 Text Solution:**

- Correct Answer: (B) Self-esteem.
- Full Explanation: Self-esteem refers to the judgments we make about our own value or worth. It is an important aspect of our overall sense of self and is heavily influenced by our relationships and social interactions. Because Sarthak believes he is "highly liked" and valued by his family, he is expressing a high perception of his own worth, which is the definition of self-esteem.

**Q41. Text Solution:**

- Answer: (a) Groups are more likely to take extreme decisions than individuals alone.
- Explanation: Group polarisation is a phenomenon where group interaction and discussion lead to the strengthening of the group's initial position. This means that groups are likely to move toward more extreme decisions (like termination instead of demotion) compared to the initial moderate views held by individuals.

**Q42. Text Solution:**

- Answer: (b) Ingroup
- Explanation: People who share similar views, interests, or backgrounds are generally perceived as part of one's Ingroup ("we"). We tend to view members of our ingroup more favorably than members of an outgroup ("they").

**Q43. Text Solution:**

- Answer: (A) Bandwagon effect
- Explanation: When you find others favoring your viewpoint, you feel your view is validated by the public; this is known as the bandwagon effect. It is one of the reasons behind group polarization because it encourages individuals to strengthen their original stance.

**Q44. Text Solution:**

- Answer: (c) Group polarisation
- Explanation: The transition from the initial moderate decision (demotion) to the final extreme decision (termination) after group discussion is a classic example of group polarisation.

**Q45. Text Solution:**

- Answer: (d) Personal decision not to participate in the school prayer.
- Explanation: Group polarisation specifically refers to a shift in decision-making that occurs within a group context. A "personal decision"



made by an individual does not involve group interaction or the shift from moderate to extreme group views.

**Q46. Text Solution:**

• Answer: (c) Conversion Disorder

• Explanation: Rajan reported a loss of motor function (inability to move) and sensory function (numbness) without any medical cause. Conversion Disorder as the reporting of loss of part or all of basic body functions, often triggered by psychological stress..

**Q47. Text Solution:**

• Answer: (a) DSM-5

• Explanation: The DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) is the official classification system used to diagnose psychological disorders.. MMPI-2 and WAIS-R are assessment tools for personality and intelligence, respectively..

**Q48. Text Solution:**

• Answer: (d) People lose the sense of reality

• Explanation: In somatic symptom disorders, individuals remain in touch with reality despite their physical distress.. Losing the sense of reality is a characteristic of psychotic disorders like Schizophrenia, not somatic clusters..

**Q49. Text Solution:**

• Answer: (d) Danger

• Explanation: Rajan showed Distress (family/financial stress), Dysfunction (inability to take exams/move), and Deviance (atypical paralysis).. However, there was no indication that he posed a Danger to himself or others.

**Q50. Text Solution:**

• Answer: (c) Stress

• Explanation: The passage explicitly mentions challenges like financial setbacks and health issues which are stressors.. The doctors identified that his paralysis was caused by



these psychological factors, converting mental  
Stress into physical symptoms..



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