# Competency based question

# Psychology (class XII)

# Chapter 3 and chapter 4

# Chapter – 3 Meeting Life Challenges

1. Cognitive Behavioral Techniques aim to inoculate people against:  
a. Stress  
b. Psychological disorders

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Frustration results from blocking of needs and motives by something/someone that hinders us from achieving desired goals.

3. As the Head-girl, Devyani gets stressed about her duties and academics. She handles her stress by often thinking and feeling better about some of her pleasant duties. Devyani can be seen using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ emotion-focused coping strategy.

4. Arijit was extremely tense about his AIPMT test, Abhinav who cleared the entrance told him how to handle the questions and manage his time which to some extent relieved Arijit`s stress. This can be a form of \_\_\_\_\_\_\_\_\_\_\_\_\_\_informational social support.

5. During the viva-voca, Swarna is asked a question which she is not aware of. She feels her heart pound and palms swell. According to Selye, Swarna is in the \_\_\_\_\_\_\_\_\_\_\_\_Alarm reaction phase of stress response.

6. A person with good social support may be less prone to experience stress. TRUE/FALSE

7. All the following are healthy ways to cope with stress, except:  
a. Relaxation training  
b. Cognitive restructuring  
c. Exercise  
d. Reaction formation

8. Habeeb does not get upset when he encounters problems, seeing them as challenges to be overcome rather than a threat. The term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Hardiness best describes his approach to possible stressors.

9. The reaction to external stressors is called strain\_\_\_\_\_\_\_\_\_\_\_.

10. The leukocyte that is attacked by HIV is:  
a. T cells  
b. Killer cells  
c. B cells  
d. T helper cells

11. Frustration is one source of psychological stress. TRUE/FALSE

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an individual`s stress which helps in achieving peak success and managing minor crisis.

13. Naman blames his friends for his poor performance rather than devoting time towards studies. He is said to be using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ strategy.

14. The father of modern stress research is Lazarus. TRUE/FALSE

15. \_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_ and challenge are three traits present in a person who is high on traits of hardiness.

16. The state of physical, emotional and psychological exhaustion is known as:  
a. Resistance  
b. Stress  
c. Burnout  
d. Coping

17. Creative visualization is a subjective experience that uses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and imagination.

18. Inability to concentrate and absenteeism are emotional symptoms of stress. TRUE/FALSE

# Chapter – 4 Psychological Disorders

1. Which of the following is a defining difference between Major Depressive Disorder (MDD) and Bipolar Disorder (BD)?  
   a. People with Major Depressive Disorder suffer from intense anxiety whereas those with Bipolar do not  
   b. Genetic causes have been established for BD and not for MDD  
   c. MDD only depressive symptoms but BD involves both manic and depressive symptoms  
   d. BD can be treated with medication but MDD cannot
2. Mohit feels that something is crawling inside his body. This is a kind of \_\_\_\_\_\_\_\_\_\_\_\_\_ hallucination. The person may be suffering from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disorder.
3. Jhumki has an irresistible urge of checking the lock of her door before going to bed. Though she feels this behavior is irrational but feels anxious unless she performs the task in the same manner. Her behavior is an example of  
   a. A delusion  
   b. An obsession  
   c. A compulsion  
   d. An overemphasized idea
4. Which of the following is an example of a delusion?  
   a. washing ones hands overtime one touches something  
   b. being convened that one`s neighbors are plotting to take over the world  
   c. Feeling back pain in the absence of any injury or sickness  
   d. experiencing anxiety when looking at a dangerous object.
5. Sudden and temporary alteration of consciousness blotting out painful experiences is a sign of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Which of the following is not anxiety disorder?  
   a. PTSD  
   b. OCD  
   c. Phobias  
   d. Hypochondriasis
7. Excess activity of dopamine can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. Disorders characterized by severe and widespread impairments in social interactions, interests and stereotyped behavior are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. Which of the following symptoms most clearly suggests the presence of abnormality:  
   a. Hallucinations  
   b. Worries  
   c. Unusual behavior  
   d. Creativity
10. Hippocrates proposed that mental disorders are caused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
11. Mayank feels that all his actions are being monitored by enemies. Mayank is suffering from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. Hallucinations are referred as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ symptoms of schizophrenia.
13. Yamini and her sisters seldom leave their home after their parents died in an accident. relatives seldom visit them. The idea of going out scares them. Such symptoms may signify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
14. Cherian constantly feels a sense of impending doom has been extremely worried about everything and cannot relax. The symptoms may suggest the onset of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
15. Autistic disorder is a developmental condition characterized by all except:  
    a. Intolerance for change  
    b. Hyperactivity  
    c. Communication problems  
    d. Ritualistic and repetitive behaviour
16. Ajish has been diagnosed with Schizophrenia. He shows disorganized speech and behavior along with inappropriate or flat affect but no catatonic symptoms. Such symptoms are typical of:  
    [a] Paranoid type  
    [b] Catatonic type  
    [c] Undifferentiated type  
    [d]Disorganized type
17. Sunil shows loss of interest in most of the activities, cannot sleep well at night, exhibits excessive guilt and loss of interest in activities that he would enjoy earlier. Sunil’s symptoms are akin to that of:  
    a) Somatoform Disorder  
    b) Obsessive compulsive disorder  
    c) Major depressive disorder  
    d) Generalized Anxiety Disorder
18. An individual reporting loss of part or some bodily functions is showing signs of:  
    a. Dissociative disorder  
    b. Mood disorder  
    c. Panic disorder  
    d. Conversion disorder
19. Divya believes that she is the new Prime Minister of England. She is having:  
    a. Delusion of grandeur  
    b. delusions of reference  
    c. Delusions of persecution  
    d. Depressive delusions
20. Complusive behavior is the inability to stop thinking about a particular idea or topic. TRUE/FALSE
21. A false belief that is firmly held on inadequate grounds is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
22. Expand DSM- TR IV
23. In \_\_\_\_\_\_\_\_\_\_\_\_\_ the person suffers from a rare disorder that combines amnesia with travelling away from a stressful environment.
24. A woman believes she has been elected by God to divine status, she goes around blessing people. What type of delusion is she suffering from?
25. Fear of unfamiliar situation is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
26. Expand PTSD and OCD
27. Nolina is a journalist, while working on uncovering scam she goes missing. After two years one of her friend finds her in a place 200 kms away from Delhi, where she is working as a waitress in KFC and married to a plumber. She doesn’t remember anything of her life in Delhi. Which condition is she suffering from?
28. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the two main symptoms of PTSD.
29. Bipolar disorder was earlier known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
30. Hypervigilence is a symptom of depression. TRUE/FALSE
31. This happened to me 6 years ago when I was at a Football game, suddenly I felt pain in my chest and I couldn’t breathe. I was sure I am having a heart attack and was going to die. The crowd was cheering the team but I was seating, my heart racing. Recently a month ago I got angry with my daughter, she wanted to go for a movie with her friends. I scolded her and told her that I cant accompany her. I hate going out now and meeting new people makes me uncomfortable. I wish I could stay at home forever and never had to go out for anything again.  
    Indu was advised to seek psychological help for her recently developed condition. What diagnosis will her therapist give her?
32. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means removing evil by doing prayers.
33. Women are particularly at risk of depression during early middle ages. TRUE/FALSE