

TEST PAPER -CLASS XII

SECTION A

This section has three questions

1. State any two differences between somatic symptom and illness anxiety disorder.
2. Explain any two factors that influence attitude formation.
3. What is cognitive dissonance? Give an example.

SECTION B

This section has three questions

4. Radhika has been diagnosed with generalised anxiety disorder. Explain the development of this disorder with the help of the diathesis stress model.
5. A client approaches a therapist to overcome her/his phobia for heights. Describe a behavioural technique that the therapist might choose to help her/him to overcome this phobia for heights.
6. Groups differ in many respects. Identify the characteristics that distinguish primary groups from secondary groups.

SECTION C

This section has four questions

7. Describe the defining symptoms of oppositional defiant disorder and conduct disorder.
8. Anshu feels that assertive and successful women might become too powerful and neglect their family responsibilities. Explain the factors that will help in changing Anshu's attitude towards assertive and successful women.
9. A person 'X' was caught taking a bribe and her/his colleagues were asked to decide on what punishment she/he should be given. They could either let her/him go with just a warning or decide to terminate her/his services. After a discussion with other employees of the organisation, an extreme decision was taken to terminate this person's services. Identify this phenomenon and explain why it occurs.
10. Explain the different cognitive therapies that are used to reduce distress.

SECTION D

This section has two questions

Mental health professionals have attempted to understand psychological disorders using different approaches through the ages. Today, we have sophisticated facilities and hospitals dedicated to the treatment of the mentally ill. While studying the history of psychological disorders it is interesting to note that some practices from ancient times are still in use. Take the case of Lakshmi and her daughter, Maya. Maya exhibits abnormal behaviours and Lakshmi believes that this is because of evil spirits that have possessed her. She has been taking her daughter to a self-proclaimed healer, who uses counter-magic and prayer to cure her. Stigma and lack of awareness prevents Lakshmi from using the modern facilities and hospitals that provide quality mental health care. On the other hand, when young Rita reported seeing people and hearing voices, mental health professionals at a modern facility

were able to understand her hallucinations using a convergence of three approaches. Psychologists use official manuals like the Diagnostic and Statistical Manual of Mental Disorders – 5 th Edition (DSM-5) and International Classification of Diseases (ICD-10) to indicate presence or absence of disorders. Today there is increased compassion for people who suffer from disorders and a lot of emphasis is placed on providing community care.

11. Identify the method used by the healer to cure Maya's illness. How does this theory from ancient times explain Maya's treatment?
12. Which approach do you think would best explain Rita's treatment? How do you think DSM - 5 and ICD -10 help mental health professionals in indicating the presence or absence of disorders?