SmartKalike

CBSE Class 12 · Psychology

Psychological Disorders

10 most probable questions for Boards 2027

Q1. 1 mark · Multiple choice

Which statement best describes how societal norms influence whether behaviour is considered abnormal?
(A) Norms are universal and remain unchanged over time.
(B) Behaviour that departs from a norm is always abnormal in every situation.
(C) Judgements of abnormality may depend on the norms of a society and can vary across contexts or time.
(D) Societal norms have no influence on perceptions of abnormal behaviour.

Answer

(C) Judgements of abnormality may depend on the norms of a society and can vary across contexts or time. — Societal norms and values shape judgments, and views of abnormality may change over time.

Q2. 2 marks · Short answer

What is meant by a classification of psychological disorders?

Answer

A classification of psychological disorders consists of categories of specific disorders grouped into classes on the basis of shared characteristics. It helps professionals communicate and understand their causes and development.

Q3. 3 marks · Medium answer

What is a classification of psychological disorders? State how it helps professionals communicate and understand disorders.

Answer

1. A classification of psychological disorders is a list of categories of specific disorders grouped into classes on the basis of shared characteristics.
2. Classifications enable psychologists, psychiatrists and social workers to communicate with one another about a disorder. They also help professionals understand the causes of psychological disorders and the processes involved in their development and maintenance.

Q4. 4 marks · Long answer

Distinguish ordinary anxiety from an anxiety disorder. Define anxiety and describe some physical symptoms it may involve. Also explain the main features of generalised anxiety disorder.

Answer

1. Basis—meaning: Anxiety is a diffuse, vague, very unpleasant feeling of fear and apprehension;

ordinary anxiety occurs in expected situations, whereas an anxiety disorder involves distressingly high anxiety.
2. Basis—intensity: Ordinary anxiety, such as before an examination, is normal and expected; an anxiety disorder involves high levels of anxiety that are distressing.
3. Basis—effect on functioning: Ordinary anxiety may motivate a person to perform a task well; an anxiety disorder interferes with effective functioning.
4. Basis—physical symptoms: Anxiety may involve rapid heart rate, shortness of breath, diarrhoea, loss of appetite, fainting, dizziness, sweating, sleeplessness, frequent urination and tremors.
5. Basis—pattern: Ordinary anxiety may relate to an expected event; generalised anxiety disorder involves prolonged, vague, unexplained and intense fears not attached to a particular object, with future-oriented worry, hypervigilance and motor tension that makes relaxation difficult.

Q5. 5 marks · Long answer

Describe how neurotransmitter activity is associated with anxiety disorders, schizophrenia and depression. Also explain how genetic or biochemical factors and psychological or interpersonal factors may contribute to mental disorders.

Answer

Abnormal behaviour may arise through biological, psychological and interpersonal influences, rather than from a single cause.
1. Anxiety disorders have been linked to low activity of gamma aminobutyric acid (GABA), a neurotransmitter.
2. Schizophrenia has been linked to excess dopamine activity, whereas depression has been linked to low serotonin activity.
3. Genetic factors have been linked to bipolar and related disorders, schizophrenia, intellectual disability and other psychological disorders. However, biology alone cannot account for most mental disorders.
4. Psychological and interpersonal contributors include maternal deprivation, faulty parent-child relationships, maladaptive family structures and severe stress. Psychological models also explain abnormal behaviour through learned maladaptive behaviour.
Mental disorders are best understood by considering biological influences alongside psychological and interpersonal factors.

Q6. 1 mark · Very short answer

A person talks to themselves while praying. Why might this behaviour be considered normal in this situation?

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Q7. 2 marks · Short answer

What is the DSM-5, and what do its clinical criteria indicate?

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Q8. 3 marks · Medium answer

Identify the organisation that prepared ICD-10 and state what information it provides for each disorder. Then briefly explain which influences the biopsychosocial approach considers in understanding disorders and their outcomes.

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Q9. 4 marks · Long answer

Explain the features of panic disorder and describe what happens during a panic attack. What are phobias, and what are their three main types?

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Q10. 5 marks · Long answer

Explain how danger to the person may be considered when assessing whether behaviour is abnormal. Give a relevant example.

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