ISC · CLASS 12 · PSYCHOLOGY

ISC Class 12 Psychology Important Questions 2027

59 question patterns that repeated across past papers · the years show every time each was asked

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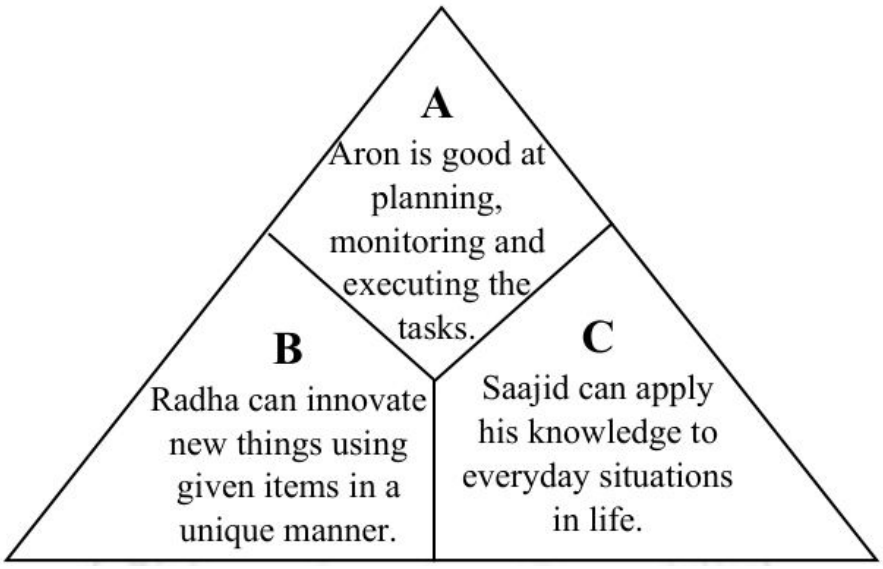
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Intelligence and Ability

1. Explain Sternberg's Triarchic Theory and its sub-theories

Asked 4× · Board 2026, Sample 2023, Sample 2025 · 3/4 marks

[context: Figure (triangle in three parts): A - Aron is good at planning, monitoring and executing the tasks. B - Radha can innovate new things using given items in a unique manner. C - Saajid can apply his knowledge to everyday situations in life.]
By referring to Sternberg's theory, identify the components of intelligence displayed by A, B, and C in the figure given above.



2. State the IQ formula / define IQ / find mental age

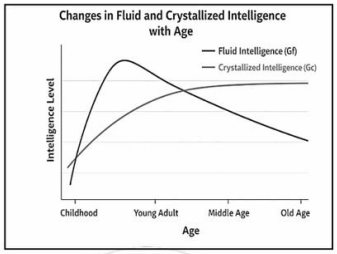
Asked 3× · Sample 2023, Sample 2024, Sample 2026 · 1 marks

What is intelligence quotient?

3. Explain Cattell's fluid vs crystallised intelligence (differences, change with age)

Asked 3× · Board 2023, Sample 2024, Sample 2027 · 4 marks

Study the graph showing changes in Fluid and Crystallised Intelligences across different age groups. (Source: Cattell, R. B. (1963). Theory of fluid and crystallised intelligence: A critical experiment. Journal of Educational Psychology, 54(1), 1-22)
Compare the developmental changes in Fluid Intelligence and Crystallised Intelligence from early adulthood into old age.



4. Identify Guilford's Structure of Intellect model or its dimensions

Asked 2× · Sample 2024, Sample 2026 · 1 marks

Name the theory of Intelligence that is represented by a three-dimensional cube with many sub-categories and is difficult to measure.

5. Identify Sternberg's type of intelligence (analytical, creative, practical) from a scenario

Asked 2× · Board 2024, Sample 2027 · 1 marks

Which one of the following scenarios demonstrates practical intelligence as proposed by Sternberg?
(a) Arjun composes music and songs for his social media blog.
(b) Rahul uses logical reasoning to solve complex mathematical problems in his unit test.
(c) Neha travels to a new city and navigates her way through the place using her common sense.
(d) Riya analyses research problems and selects multiple hypotheses to determine the best outcome.

6. Explain the types of intelligence in Gardner's Multiple Intelligences theory (with examples/professions) (short answer)

Asked 2× · Board 2024, Sample 2027 · 4 marks

'In a panel discussion reported by Harvard Gazette, Howard Gardner - the originator of the Multiple Intelligences Theory of Intelligence - spoke about how technology and Artificial Intelligence (AI) could change education by 2050. He stated that many traditional cognitive tasks may become optional due to technological advances. This refers to his fundamental idea that intelligence is not just one thing.' (Source (edited): Harvard Gazette, 2025, September 18 - How AI could radically change schools by 2050, Harvard University)
Based on your reading of the excerpt, suggest four types of Multiple Intelligences that would be given prominence in future classrooms. Justify your answer by giving valid arguments.

7. Identify Gardner's type of intelligence from a person's talent or profession

Asked 2× · Board 2023, Board 2026 · 1 marks

Swarna is exceptionally good at playing violin. She also composes music and is member of an orchestra.
Referring to Howard Gardner's theory of intelligence, identify the type of intelligence that Swarna possesses.

Personality

8. One-mark: Hippocrates' humours and Sheldon's somatotypes

Asked 5× · Board 2023, Board 2024, Board 2026, Sample 2023, Sample 2025 · 1 marks

Study the relation between the first two phrases / terms and complete the analogy.
Melancholic : Ectomorph :: Sanguine : _____

9. Explain the administration and scoring of TAT / Rorschach Inkblot Test (short answer)

Asked 3× · Board 2025, Sample 2027 · 3/4 marks

[context: Two pictures are shown of human figures in ambiguous situations (a projective test card set).]
Describe the procedure of administering the test shown above.



(Source: www.repository.library.northeastern.edu)



(Source: Posterazzi)

10. Identify temperament from a description or scenario

Asked 2× · Sample 2024, Sample 2027 · 1 marks

Which one of the following situations illustrates Temperament?
(a) Rohan follows a routine of checking his school bag every night before sleep.
(b) Ananya believes she is better at public speaking than at leading her team at workplace.
(c) Meera strongly believes in honesty and does not resort to dishonest means even when others do so.
(d) Kabir has been a calm and easy-going person since early childhood, rarely getting upset even in stressful situations.

11. Explain Friedman's Type A / Type B personality from a case

Asked 2× · Board 2025, Sample 2027 · 2 marks

[context: Ritesh, a high-ranking law-firm executive, is highly competitive and takes on multiple projects at once; on losing a major contract he blames the client for being 'unprofessional', and he loses his temper easily and shouts at subordinates over minor issues.]
Interpret the personality type of Ritesh. How can it be detrimental to his heart?

12. One-mark questions on the id, ego and superego (very short answer)

Asked 2× · Sample 2024, Sample 2026 · 1 marks

Study the relation between the first two terms / phrases and complete the analogy.
Ego : Reality Principle :: Super ego : _____

13. Explain the dimensions of the Five Factor Model (Costa and McCrae) (short answer)

Asked 2× · Board 2026, Sample 2024 · 3/4 marks

[context: Suraksha Pvt. Ltd. gave recruits a scenario: a Senior Executive falls ill a day before an international seminar and the candidate must draw up a plan to execute the new role, showcasing problem-solving and managerial skills.]
With reference to Paul Costa and Robert McCrae's theory, explain any three dimensions of personality that Suraksha Pvt. Ltd. would desire in the candidates they recruit.

14. Name a projective technique / give the full form of TAT

Asked 2× · Sample 2023, Sample 2024 · 1 marks

Name any one projective technique that helps in eliciting deep-rooted conflicts in adults.

15. Identify the MMPI-2 clinical scale from a person's symptoms

Asked 2× · Board 2025, Board 2026 · 1 marks

Tahir was disturbed by the frequent fights in his family. He woke up one morning and found that he had become deaf without any history of auditory or physical ailment.
Which clinical scale of Minnesota Multiphasic Personality Inventory-2 would Tahir score high on?

16. Explain Maslow's needs hierarchy theory of personality

Asked 2× · Board 2024, Sample 2023 · 4 marks

Humanistic Psychologists like Maslow consider Personality as a continuing process of personal growth and realisation.
Explain this statement by giving any four stages of the Theory of Personality as given by Maslow.

17. Identify the method of behavioural analysis (e.g. situational test) from a description

Asked 2× · Board 2023, Board 2026 · 1 marks

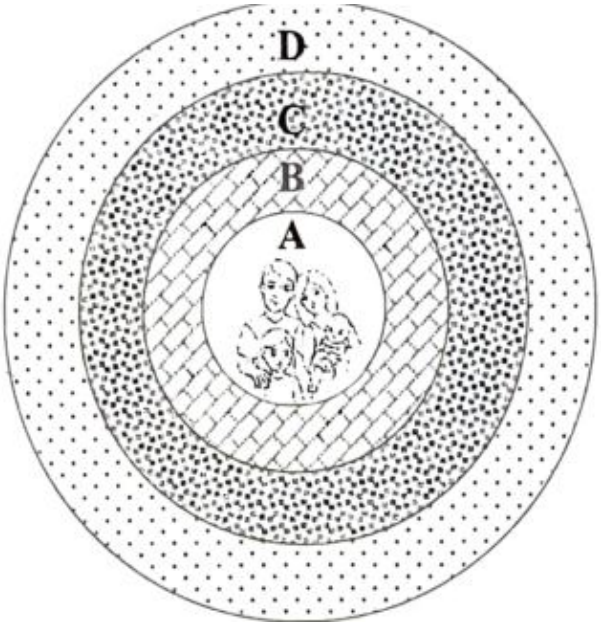
[context: Suraksha Pvt. Ltd. gave recruits a scenario: a Senior Executive falls ill a day before an international seminar and the candidate must draw up a plan to execute the new role, showcasing problem-solving and managerial skills.]
What method of behavioural analysis was adopted by Suraksha Pvt. Ltd. in the above scenario?

Lifespan Development

18. Identify the Bronfenbrenner ecological system shown in a scenario (very short answer)

Asked 4× · Board 2024, Board 2025, Board 2026, Sample 2027 · 1 marks

Identify level 'B' of Bronfenbrenner's Ecological Systems Theory in the image given below. (Concentric circles labelled A (innermost, around the child), B, C, D (outermost).)



19. One-mark: infant reflexes and gross/fine motor skills (very short answer)
Asked 4× · Board 2023, Board 2025, Sample 2024, Sample 2027 · 1 marks

Study the relation between the first two terms / phrases and complete the analogy.
Toddler begins to walk : Gross motor skill :: Infant's toes fan out on stroking : _____

20. One-mark: Piaget's stages and concepts (object permanence, animism, conservation) (very short answer)
Asked 3× · Sample 2024, Sample 2025, Sample 2026 · 1 marks

Observe the image shown below and identify the stage of cognitive development. (Photograph of a baby looking for a toy dog that has been hidden behind a screen.)



21. One-mark: identify or describe a stage of Kohlberg's moral development (very short answer)
Asked 3× · Board 2026, Sample 2025, Sample 2026 · 1 marks

Describe the level of Naive Hedonistic Orientation by referring to Lawrence Kohlberg's theory.

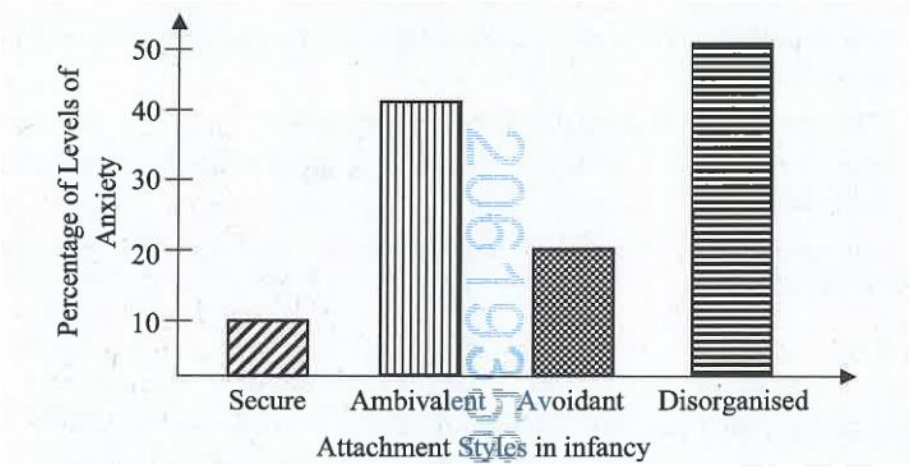
22. Identify Piaget's stage of cognitive development from a case
Asked 4× · Board 2024, Board 2025, Sample 2023 · 1 marks

[context: Mala, seventeen, is trusted to coordinate and organise a school competition and attends coaching classes that train her in reasoning and deductive skills.]
Identify the stage of cognitive development that Mala is in.

23. Explain the attachment styles from Ainsworth's Strange Situation test

Asked 3× · Board 2023, Board 2026, Sample 2024 · 3/4 marks

The graph given below represents the Attachment Styles in infancy and the percentage of anxiety levels associated with them. Study it carefully and answer the question that follows.
Compare the Styles of Attachment during infancy as represented in the graph.



24. Define substance abuse / state its symptoms

Asked 3× · Board 2023, Board 2025, Board 2026 · 1 marks

Mention any two withdrawal symptoms of substance abuse.

25. One-mark: Piaget's stages and concepts (object permanence, animism, conservation) (MCQ)

Asked 2× · Board 2024, Board 2026 · 1 marks

Monty, aged three years, tripped over his toy car while playing. He started beating the car, shouting "Bad car! You made me fall."
Which one of the following terms given by Jean Piaget can be used to describe Monty's behaviour?
(a) Animism
(b) Integration
(c) Decentration
(d) Egocentrism

26. Explain the features of a Piagetian stage shown in a case (long answer)

Asked 2× · Board 2024, Board 2025 · 5/6 marks

[context: Mala, seventeen, is trusted to coordinate and organise a school competition and attends coaching classes that train her in reasoning and deductive skills.]
Discuss any five features of the stage of development Mala is in.

Stress and Stress Management

27. One-mark: stages and hormones of the General Adaptation Syndrome (MCQ)

Asked 3× · Sample 2023, Sample 2024, Sample 2027 · 1 marks

According to the General Adaptation Syndrome (GAS) Model, which one of the following correctly matches the stage when stress is prolonged and becomes chronic?
(a) The body prepares itself for immediate action to face the threat.
(b) Depending on the nature of the stress, the body takes control over the situation.
(c) The body prepares to face the threatening stimulus and becomes adaptive.
(d) The body fails to overcome the threat and depletes its physiological resources.

28. One-mark: hardiness and life skills such as assertiveness (MCQ)
Asked 2× · Sample 2023, Sample 2026 · 1 marks

Shadab can confidently say 'no' to a request he cannot fulfil. He has high self-esteem and expresses his opinions without being self-conscious.
Which one of the following skills is Shadab exhibiting?
(a) Assertiveness
(b) Positive attitude
(c) Rational thinking
(d) Mindfulness

29. Explain primary and secondary cognitive appraisal of stress (Lazarus)
Asked 2× · Board 2026, Sample 2024 · 4 marks

Refer to the excerpt given below on Richard Lazarus' theory of Cognitive Appraisal and answer the question that follows.
The concept of Cognitive Appraisal is rooted in the work of the psychologist Richard Lazarus, who held that stress is not an automatic response to an event, but rather the result of our mental interpretation of it. In general, cognitive appraisal theorists have noticed that people experience different emotions in response to the same event. This has led them to think about how people interpret events differently, ultimately leading them to experience different emotions. (Source (edited): Psychology of Human Emotion: An Open Access Textbook by Michelle Yarwood)
Examine two ways of Cognitive Appraisal to account for the difference in people's reaction to the same event.

30. Explain the causes of stress (internal / work-related) in a given situation
Asked 2× · Board 2024, Board 2026 · 3/4 marks

[context: Excerpt on 'AI-nxiety': AI and automation threaten traditional job roles; stress stems from lack of clarity about which jobs are at risk and fear of becoming irrelevant; McKinsey estimates 400-800 million jobs displaced by 2030.]
Examine any three work related causes of stress experienced by the employees who face job uncertainty.

31. One-mark: burnout and effects of stress on performance
Asked 2× · Board 2024, Sample 2023 · 1 marks

State any one effect of prolonged stress on an individual's performance at workplace.

32. One-mark: stress, strain and eustress (very short answer)
Asked 2× · Board 2023, Sample 2023 · 1 marks

An individual's response to events that disturb and threaten his/her wellbeing is known as _____.

33. Explain the effects of stress on health (immune system, heart, etc.) (short answer)
Asked 2× · Board 2023, Sample 2023 · 4 marks

Explain how stress affects the immune system and causes heart problem in an individual.

Psychological Disorders and Psychotherapy

34. Explain the symptoms and causes of an anxiety disorder (OCD, phobia, GAD) (short answer)

Asked 6× · Board 2023, Board 2025, Sample 2024, Sample 2025, Sample 2027 · 3/4 marks

In a recent podcast interview, former footballer David Beckham openly discussed his daily rituals, including meticulously arranging candles, aligning lights, and ordering clothes in pairs and straight lines. He admitted to struggling with obsessive-compulsive disorder (OCD) and the overwhelming need for symmetry and cleanliness. (Source: The Guardian - Mabel Banfield-Nwachi, 28 Apr 2023)
Based on this, discuss the possible causes of David Beckham's obsessive compulsive disorder, citing both biological and psychological perspectives.

35. MCQ: perspectives on abnormality and the four Ds

Asked 2× · Sample 2026, Sample 2027 · 1 marks

Rahul lost his grandmother at a young age to whom he was deeply attached. As an adult, he experiences persistent feelings of sadness and anxiety and struggles to interact with others.
Which one of the following is the psychoanalytic perspective on Rahul's behaviour?
(a) Investigating his faulty thinking patterns
(b) Analysing his behaviour as a statistical rarity
(c) Exploring unconscious conflicts in early childhood experiences
(d) Examining biological factors such as brain chemistry or genetics

36. MCQ: identify the behaviour therapy technique (token economy, systematic desensitisation, flooding) (MCQ)

Asked 2× · Sample 2025, Sample 2027 · 1 marks

Sarthak has a perennial fear of flying. To help him overcome his fear, the therapist teaches him to relax. They proceed through a series of steps that go from reading a story about an airplane, visiting an airport, boarding a plane and taking a short flight.
Which one of the following techniques is exemplified here?
(a) Shaping
(b) Flooding
(c) Token Economy
(d) Systematic Desensitisation

37. Identify the mood disorder (depression / bipolar) from a case

Asked 3× · Board 2023, Board 2024, Sample 2025 · 1 marks

[context: First-person account: after completing medical school with great success, within two weeks the person could not finish work on time, had trouble concentrating, felt intense gloom and loneliness, could not sleep, and felt fatigued, worthless, slow and disorganised.]
Identify the psychological disorder indicated above.

38. Explain the symptoms and causes of an anxiety disorder (OCD, phobia, GAD) (2-mark case-based)

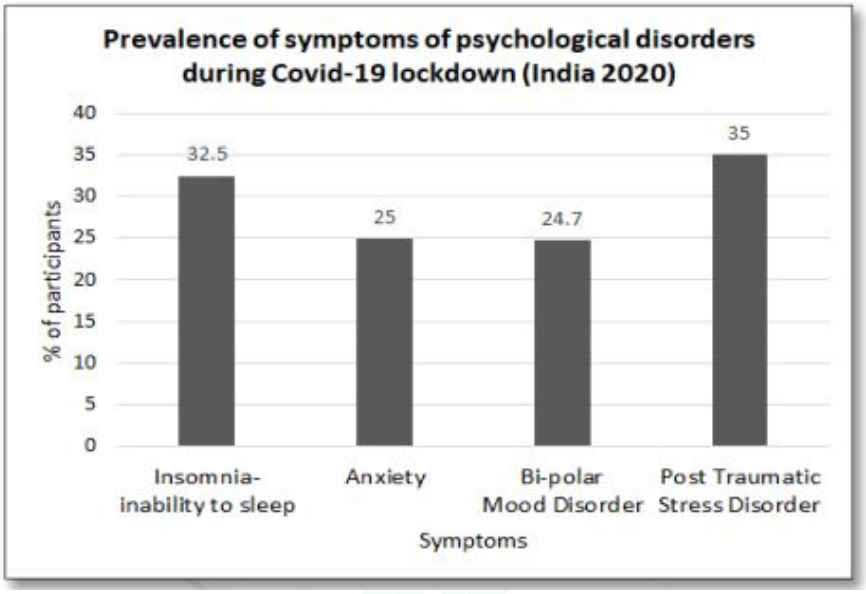
Asked 2× · Sample 2023, Sample 2026 · 2 marks

[context: Ravi worries excessively, is restless, fatigued, finds it hard to concentrate and feels something bad is about to happen; his mother had similar symptoms; the psychiatrist diagnosed Generalised Anxiety Disorder and advised a medical examination to determine the cause.]
Explain any two causes for Ravi's psychological condition.

39. Explain the causes of mood disorders (depression, bipolar) (short answer)

Asked 2× · Board 2024, Sample 2026 · 4 marks

[context: Bar graph of prevalence of symptoms of psychological disorders during the Covid-19 lockdown (India 2020): Insomnia 32.5%, Anxiety 25%, Bi-polar Mood Disorder 24.7%, Post Traumatic Stress Disorder 35%.]
State the two stages of the disorder with the lowest percentage as shown in the graph. Discuss any three causes of this disorder.



40. Explain how RET / CBT can treat a disorder (short answer)

Asked 2× · Sample 2023, Sample 2025 · 3 marks

[context: First-person account: after completing medical school with great success, within two weeks the person could not finish work on time, had trouble concentrating, felt intense gloom and loneliness, could not sleep, and felt fatigued, worthless, slow and disorganised.]
Specify any three ways by which Rational Emotive Therapy (RET) can be used to help the patient recover from the psychological disorder.

41. One-mark: symptoms and types of schizophrenia (very short answer)

Asked 2× · Board 2024, Sample 2025 · 1 marks

Illustrate a subtype of schizophrenia in which individuals have an irrational and persistent feeling that someone is going to harm them.

42. Explain the causes of mood disorders (depression, bipolar) (2-mark case-based)

Asked 2× · Board 2023, Sample 2025 · 2 marks

[context: Aditi has recurring intense emotional swings: phases of feeling unusually energised, talking rapidly and spending impulsively, and phases of social withdrawal, deep sadness and inability to focus.]
Explain any two potential causes of this psychological disorder.

43. Identify schizophrenia (paranoid type) from a case

Asked 2× · Board 2025, Sample 2023 · 1 marks

[context: David, 23, was caught shouting abuses at an imaginary person and running around campus believing he was being chased; he was extremely guarded, insisted the hospital food was poisoned and said his dead grandfather was plotting to hurt him.]
Identify the psychological disorder that David is suffering from.

44. Explain the causes of a personality disorder (avoidant, dependent)

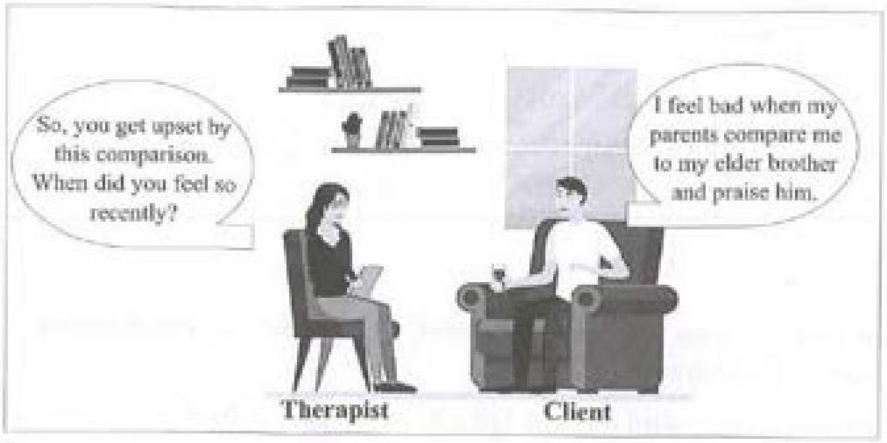
Asked 2× · Board 2024, Board 2026 · 3/4 marks

Read the conversation given below between a therapist and her client and answer the question that follows.
Therapist: "Why do you feel that you cannot take any decisions on your own?"
Client: "My family has always taken all decisions for me. I think they know what is good for me."
Therapist: "Are you scared of taking decisions independently?"
Client: "Yes...I feel that if I agree with everyone in my family, only then will they take care of me."
Examine the conversation in relation to the personality disorder indicated above. Interpret any two of its causes.

45. Identify client-centred therapy / name its founder

Asked 2× · Board 2024, Board 2026 · 1 marks

[context: Picture of a therapist and client. Client: 'I feel bad when my parents compare me to my elder brother and praise him.' Therapist: 'So, you get upset by this comparison. When did you feel so recently?']
Identify the type of counselling shown in the picture.



46. MCQ: techniques of psychoanalytic therapy (free association, dream analysis)

Asked 2× · Board 2023, Board 2025 · 1 marks

In the Psychoanalytic therapy, the therapist attempts to bring repressed unconscious material of the patient into the consciousness and change the patient's thoughts, feelings and behaviour.
Which one of the following scenarios is the correct example of this therapy?
(a) Kuljeet feels that he is worthless and will not succeed in any of his endeavours despite his best efforts. The therapist treats Kuldeep by attempting to change his distorted belief about himself.
(b) In her therapy session, Samina relates all kinds of thoughts that come to her mind. The therapist also encourages her to express herself however irrelevant or unimportant her thoughts may be.
(c) Daniel, a victim of substance abuse, wants to reform himself but is unable to do so. The therapist motivates him by offering certain incentives to help him overcome substance abuse.
(d) Kriti has an exaggerated fear of spiders. During the therapy session, the therapist makes her learn to relax and gradually introduces her to the fearful stimulus to help her get rid of her fear.

47. One-mark: DSM-IV and its axes

Asked 2× · Board 2023, Board 2025 · 1 marks

Study the relation between the first two phrases / terms and then fill in the fourth phrase / term.
Major Clinical Disorders : Axis I :: General Medical Conditions : _____

48. Identify the anxiety disorder (phobia / OCD / GAD) from a case

Asked 2× · Board 2023, Board 2025 · 1 marks

[context: Kiran was sad for months after her grandmother died; she became irritable, easily fatigued, worried excessively for no good reason and felt anxious and distressed in all types of situations; the therapist linked it to insecure attachment with her parents.]
Identify the psychological disorder in Kiran.

Social Thought and Social Behaviour

49. Name the social judgement bias shown in a scenario

Asked 5× · Board 2023, Sample 2024, Sample 2025, Sample 2026, Sample 2027 · 1 marks

Mona arrived late for an important meeting. Her boss was angry and scolded her. She thought to herself, "If only I had woken up earlier, I would have reached on time." How has Mona used counterfactual thinking as a bias?

50. MCQ: identify the social judgement bias in a scenario

Asked 4× · Board 2025, Board 2026, Sample 2024, Sample 2027 · 1 marks

Which of the following scenarios represents the bias, False Consensus Effect?
(P) Riya is an environmentalist and actively practises waste management. She assumes that almost everyone she meets must be practising waste recycling.
(Q) Siddharth is a chain smoker. He is convinced that nearly 70% of adults in his city smoke, despite actual health department statistics showing the figure is closer to 18%.
(R) Karan is a singer. He believes that he is the only student in his class who knows the lyrics of a less popular 1970s rock song and is proud of his unique taste.
(S) Arjun is an avid fan of a local football team. He predicts that they will win the tournament based on his reading of sports blogs written by other fans of that team.
(a) Only (P) and (Q)
(b) Only (P) and (S)
(c) Only (Q) and (R)
(d) Only (Q) and (S)

51. One-mark: social norms and types of social influence

Asked 3× · Board 2026, Sample 2023, Sample 2025 · 1 marks

A local park displays a notice 'Do not litter, use the dustbin'. However, people visiting the park invariably throw garbage at various sites.
What type of social norm is violated in the above scenario?

52. Explain social norms and the factors / reasons for conformity (Asch)

Asked 2× · Sample 2024, Sample 2027 · 6/7 marks

With reference to Solomon Asch's study on Conformity, explain the factors that affect conformity.

53. Explain biases in social judgement with examples

Asked 2× · Sample 2023, Sample 2025 · 3/4 marks

[context: Mohan follows a strict vegetarian diet and assumes that most of his friends and acquaintances prefer a vegetarian lifestyle, overestimating how many people share his choice.]
Describe any two biases, citing a suitable example for each.

Attitudes

54. One-mark: persuasion as a way of attitude change

Asked 2× · Board 2024, Sample 2025 · 1 marks

As part of the Student Council, you are organising a campaign on promoting awareness among students on substance abuse. Indicate any one way of persuasion that you will use to bring a positive attitudinal change among the students.

Psychology in relation to the Environment and Social Concerns

55. One-mark: counselling communication skills (paraphrasing) (MCQ)

Asked 2× · Sample 2026, Sample 2027 · 1 marks

Client: "I feel that no matter what I do, it is never good enough for my parents. They always expect more from me."
Therapist: "It seems like you are feeling frustrated because your efforts are not being acknowledged the way you need them to be."
Which of the following approaches to counselling is being used by the therapist?
(a) Authenticity
(b) Paraphrasing
(c) Positive regard for others
(d) Unconditional positive regard

56. Explain the characteristics of a good counsellor (empathy, positive regard, authenticity) in a case

Asked 2× · Sample 2026, Sample 2027 · 2 marks

[context: A devastating flood in a coastal village caused loss of family and property and severe anxiety about the future; counsellor Dheeraj at a community support centre listened to the victims without judgment, feeling their pain as if it were his own.]
Interpret the prominent counselling characteristic exhibited by Dheeraj in this scenario.

57. Explain the psychological impact of natural disasters / PTSD (2-mark case-based)

Asked 2× · Sample 2025, Sample 2027 · 2 marks

[context: Times of India headline image: 'Disasters inflicted deep wounds on the Himalayan communities: Youth for Himalaya' (Oct 15, 2023).]
Predict any two possible psychological impact that natural disasters can have on the Himalayan community.


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Neel Kamal / Oct 15, 2023, 18:09 IST 200 PTS SHARE AA FOLLOW US

Source: *https://timesofindia.indiatimes.com/india/disasters-inflicted-deep-wounds-on-the-himalayan-communities-youth-for Himalaya/ article show/ 104443795.cms*

58. Explain the effects of the environment on human behaviour

Asked 2× · Board 2024, Sample 2026 · 2/4 marks

[context: Arjun moved from a rural home to an old, congested part of a metropolitan city for higher education; within months he developed headaches, felt tired and tense, found it hard to concentrate and felt anxious in the crowds outside.]
Explain four environmental factors that affect Arjun.

59. One-mark: counselling and the counsellor's skills

Asked 2× · Board 2024, Sample 2024 · 1 marks

Mention any one skill required by a therapist to conduct a Psychological test.

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