

19MPSYH301

Reg No :

CHOICE BASED THIRD SEMESTER M.Sc. Psychology DEGREE EXAMINATION

FEBRUARY 2021

Counselling Psychology

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a). State Rogers's definition of Counselling.
- b). What is verbal tracking?
- c). What is postdiction of outcome?
- d). State the uses of cumulative record for the therapist.
- e). List three dimensions under transcultural perspective.
- f). State two limitations of psychological tests.
- g). State the meaning of being culturally responsive.
- h). Cite the value of leading in counselling.

II. Answer any TWO of the following :

(2×8= 16 Marks)

2. Multicultural Counselling has its own challenges.Elaborate.
3. Describe the nature of Counter-transference feeling.
4. Egan's Model is a flexible model.Restate in your own words.

III. Answer the following questions :

(3×14= 42 Marks)

5 a) Elucidate the 8 H qualities proposed by Gladding for an Effective counsellor.

(OR)

b) Elucidate the counsellor variables that influence the counselling process.

CHOICE BASED THIRD SEMESTER M.Sc. Psychology DEGREE EXAMINATION
FEBRUARY 2021
Psychopathology I

Duration: 3 Hours

Max Marks: 70

I. Answer any SIX of the following :**(6×2= 12 Marks)**

- a). What are the goals of secondary prevention?
- b). Define shared psychotic disorder.
- c). What is hypoactive, hyperactive, and mixed type delirium?
- d). What is sex reassignment surgery?
- e). What are the predisposing factors for PTSD?
- f). What is the difference between signs and symptoms of the disorder?
- g). Define stressor with suitable example.
- h). Mention the risk group people who are prone to get epilepsy.

II. Answer any TWO of the following :**(2×8= 16 Marks)**

2. Write the treatment of Schizoaffective Disorder.
3. What are the vulnerability factors for depression?
4. Differentiate between paranoid and schizoid personality disorder.

III. Answer the following questions :**(3×14= 42 Marks)**

- 5 a) Compare and contrast between DSM and ICD classification of Mental disorder.

(OR)

- b) What are different types of Schizophrenia ? Explain any two with examples.

- 6 a) Explain in detail the stages of dementia.

(OR)

- b) Categorize impulse control disorder based on its symptoms.

- 7 a) Enumerate the prevalence, gender, and age of onset of panic disorder with and without agoraphobia.

(OR)

- b) Construct a module that can be used to psychoeducate the school teachers to identify and preventive measures to deal with OCD.

**CHOICE BASED THIRD SEMESTER M.Sc. Psychology DEGREE EXAMINATION
FEBRUARY 2021
Psychological Intervention**

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :-**(6×2= 12 Marks)**

- a). Write any four objectives of Psychotherapies.
- b). Who developed Time-limited Dynamic Psychotherapy?
- c). What is authenticity?
- d). What is selective abstraction?
- e). What is scaling technique?
- f). What are the dual systems involved in problem focused therapy?
- g). Describe pressure and coercion techniques.
- h). Describe empty chair technique.

II. Answer any TWO of the following :**(2×8= 16 Marks)**

2. Discuss alternative narrative and positive narratives.
3. Illustrate ventilation with an example.
4. Discuss the application stage of stress inoculation training.

III. Answer the following questions :**(3×14= 42 Marks)**

- 5 a) Compare and contrast between re-educative and reconstructive psychotherapies.

(OR)

- b) Critically examine the classical psychoanalysis approach of Sigmund Freud.

- 6 a) Discuss the basic concepts and the application of Reality Therapy.

(OR)

- b) Critically examine the theory, principles and techniques used in rational emotive behaviour therapy.

- 7 a) Describe how will you use eclectic approach to counselling and psychotherapy in helping a client.

(OR)

- b) Describe the sources of meaning and how would you help a client develop meaning.

19MPSYE315

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**CHOICE BASED THIRD SEMESTER M.Sc. Psychology DEGREE EXAMINATION
FEBRUARY 2021
Health Psychology**

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a). Cite examples of chronic illness.
- b). What is the idea of the biopsychosocial model of health?
- c). What are fear Appeals?
- d). What is discriminative Stimulus?
- e). List the three phases of Selye's GAS theory.
- f). What is chronic Strain?
- g). State any two benefits of Exercise on Mental Health.
- h). What are Preventable deaths?

II. Answer any TWO of the following :

(2×8= 16 Marks)

2. Describe the focus of Health psychology.
3. Write a note on risks of obesity.
4. Demonstrate Breslow and Belloc Research on Importance of health habits.

III. Answer the following questions :

(3×14= 42 Marks)

- 5 a) Analyse Alexander Dunbar Psychosomatic theory of understanding health.
(OR)
b) Elucidate how emotions and instability of health behaviour can act as barriers to modify poor health behaviours.
- 6 a) Elucidate the physiology of Stress.
(OR)
b) Adequate Sleep Paves way for Better health - Justify.
- 7 a) Elucidate the role of Psychoanalytic contribution to understand health.
(OR)
b) Social support as an intervention for dealing with Stress. Elaborate.