

19MPSYH401

Reg No :

**CHOICE BASED FOURTH SEMESTER M.Sc. Psychology DEGREE EXAMINATION
AUGUST 2021**

**P.G. PSYCHOLOGY
AREAS OF COUNSELLING**

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a). State the meaning of premarital counselling.
- b). Mention the short term effects of misusing prescription medication.
- c). State the work process of meaning-centered group psychotherapy.
- d). List the benefits of Stress Inoculation Therapy.
- e). Define Glassceiling effect.
- f). State how substance abuse can deteriorate the well-being of an older adult.
- g). State the focus of Behavioural approach.
- h). What is workplace harassment?

Answer any TWO of the following :

(2×8= 16 Marks)

- 2 Compare the relationship of couples with friends and extended family and how this can cause a hindrance in their relationship.
- 3 Justify the need of providing rehabilitation to the criminals with clinical disorders.
- 4 Examine the signs and symptoms of suicide prone and design an intervention plan.

Answer the following questions :

(3×14= 42 Marks)

- 5 a) Examine the effectiveness of the Gottman method in couple counselling.

(OR)

- b) Elaborate on the types of crime seen common in the country today.

- 6 a) Evaluate the principles followed by a grief counsellor.

(OR)

- b) Validate the need for pre-procedural and post procedural counseling in an abortion case.

- 7 a) Evaluate the factors affecting career development with suitable examples.

(OR)

- b) Define vocational counseling and guidance. Elaborate on the differences between vocation, career and occupation.

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PSYCHOPATHOLOGY - II

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a). Mention any six classes of drugs as recognized by the Diagnostic and Statistical Manual of Mental Disorders - 5 (DSM 5) classification under substance-related disorders.
- b). Restate the prognosis of Childhood disintegrative disorder.
- c). Mention the course and outcome of Avoidant/ Restrictive food intake disorder.
- d). What are the comorbid conditions of Dysregulation Disruptive Mood Disorder?
- e). What is the prognostic features of Generalized Anxiety Disorder?
- f). Distinguish diurnal and nocturnal enuresis.
- g). What are the associated features of Separation Anxiety Disorder?
- h). What is Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS)?

Answer any TWO of the following :

(2×8= 16 Marks)

- 2 Summarize the biopsychosocial causes of opioid Intoxication disorder.
- 3 Compare and Contrast the changes made in DSM V and ICD 10 under Autism Spectrum Disorder.
- 4 Both Oppositional Defiant Disorder and Conduct Disorder have roots in control issues. Comment.

Answer the following questions :

(3×14= 42 Marks)

- 5 a) Explain in detail any one alternative intervention that is used to treat adolescent with Opioid Use Disorder apart from Opioid Replacement Therapy.

(OR)

b) Expound the effective treatment models for the management of Asperger's disorder.

- 6 a) How do you help an adolescent who is having the condition of eating paper?

(OR)

b) Critically examine the role of psychological and biological factors in the development of a depressive disorder.

- 7 a) Explain the Diagnostic criteria and psychological features associated with GAD.

(OR)

b) Enumerate on classification and causes of Intellectual disability.

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P.G. PSYCHOLOGY

Behaviour Modification

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a). Mention the advantages on Behavioural Therapy while working with geriatric population.
- b). What is Imaginal Flooding? Cite examples.
- c). When is Negative Punishment Used?
- d). List the strategies of Self Control.
- e). What is MET?
- f). What is the physiological focus of Relaxation Exercises?
- g). State two benefits of Modelling.
- h). Distinguish between Insightful Learning and Trial and Error Learning.

Answer any TWO of the following :

(2×8= 16 Marks)

- 2 Write a note on the use of Differential Reinforcement.
- 3 Construct an anxiety hierarchy for a hypothetical case on Fear of Flying.
- 4 Elaborate SWOT Analysis.

Answer the following questions :

(3×14= 42 Marks)

5 a) Behavioural Assessment is Multi Modal and Multi Method. Elucidate

(OR)

b) Demonstrate when you would use Yoga and Meditation as an adjunct along with your other behavioural therapies.

6 a) Neeraj never does his math homework. You would like to have him complete his homework on a daily basis. You realize that if you wait for him to complete his homework before you reinforce him in some way, you may never (or infrequently) have the opportunity to administer a positive consequence. Demonstrate how you would use shaping to help Neeraj.

(OR)

b) What is Self Management? Discuss the types and steps in Self Management Plan.

7 a) Elucidate the application of Social Skills Training in clinical set up.

(OR)

b) Examine the Do's and Don't's in the professional practice of Behavioural Therapy.

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P.G. PSYCHOLOGY

Group and Family Intervention

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a). What is conscious raising group?
- b). Define Pacing.
- c). When will you use warm up activities in psychodrama?
- d). What is a family?
- e). Define boundary permeability.
- f). What is the use of Confrontation in a group session?
- g). Define extinguishing in group therapy.
- h). What are experiments in Gestalt therapy?

Answer any TWO of the following :

(2×8= 16 Marks)

- 2 How will you help a family using family life chronology?
- 3 Critically examine the nature of orientation stage of group therapy.
- 4 Examine the power base in family.

Answer the following questions :

(3×14= 42 Marks)

5 a) Write a note on the stage five and six of group counselling.

(OR)

b) Analyse the skills of identifying commonalities and differences, & Identifying group goals and needs with suitable example.

6 a) How do you use stress management and mindfulness in a cognitive behaviour group therapy?

(OR)

b) Evaluate the effectiveness of different ways of family conflict resolutions.

7 a) Evaluate the effectiveness of strategic therapy.

(OR)

b) Evaluate the impact of disabilities and addictions on the family life cycle.
