

**CHOICE BASED CREDIT SYSTEM****M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION  
FEBRUARY 2022****Counselling Psychology****Duration:3 Hours****Max Marks:70****I. Answer any SIX of the following :****(6×2= 12 Marks)**

- a). State the meaning of Informed Consent.
- b). What are Long-range Goals?
- c). What is an Anecdotal Record?
- d). List the steps in Closure.
- e). What are Blind Spots?
- f). Cite two functions of Feedback.
- g). What is Counter Transference?
- h). State the meaning of Contracts in Counselling.

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

2. Interpret how understanding Culture and Ethnicity determine the Counselling Process.
3. Identify certain important milestones in Counselling.
4. Bring out the nature and values of Acceptance.

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

- 5 a) Bring out the similarities and differences between Counselling, Guidance, and Psychotherapy.

**(OR)**

b) Define Counselling. Restate in your own words the scope of counselling during the COVID-19 Pandemic.

- 6 a) Analyze the characteristics of the Counselling Relationship.

**(OR)**

b) Counselling is a process . Reconstruct your ideal structure for Counselling Process.

- 7 a) Demonstrate the various means of using Reassurance using a hypothetical case.

**(OR)**

b) Interview as an Appraisal Tool for Counselling. Explain.

\*\*\*\*\*

**CHOICE BASED CREDIT SYSTEM**  
**M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION**  
**FEBRUARY 2022**  
**Psychopathology I**

Duration:3 Hours

Max Marks:70

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

- a). List the Biological factors for Mental Illness.
- b). Define Shared Psychotic Disorder.
- c). What are the range of moods experienced by a person with Bipolar Disorder?
- d). State two treatment goals of CBT to treat patients with Bulimia Nervosa.
- e). What is Free-floating Anxiety?
- f). Define Stressor with suitable example.
- g). What is Somnambulism?
- h). Differentiate Signs and Symptoms.

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

2. Write the features of Generalized Tonic-Clonic Seizures.
3. Bring out the difference between Schizophreniform and Brief Psychotic Disorder.
4. Explain the signs and symptoms of Post-Traumatic Stress Disorder.

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

5. a) Describe the Interaction and Integration of Biological, Psychological, and Social factors of Mental Disorders.

(OR)

- b) Describe the steps in a diagnosis of Shared Psychotic Disorder and give its clinical features.
6. a) Examine the theoretical perspectives that have contributed to understand Depression.

(OR)

- b) Give a hypothetical case with details of precipitating, predisposing, perpetuating, and protective factors of Borderline Personality Disorder.
7. a) Describe the criteria for Agoraphobia. Explain the Panic Disorder with Agoraphobia and write its comorbidity.

(OR)

- b) Explain the Parkinson type and Huntington type of Dementia.

\*\*\*\*\*

**CHOICE BASED CREDIT SYSTEM****M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION FEBRUARY 2022****Psychological Intervention****Duration:3 Hours****Max Marks:70****I. Answer any SIX of the following :****(6×2= 12 Marks)**

- a). State any two objectives of re-educative psychotherapy.
- b). What are the latent and the manifest content of dreams?
- c). What is authenticity?
- d). Expand DASIE.
- e). What is scaling technique?
- f). Who developed self instructional training?
- g). Mention any two assessments of reality therapy.
- h). Who developed Intensive Short-term Dynamic Psychotherapy?

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

2. Discuss the application of counselling and psychotherapy.
3. Illustrate Unconditional Positive Regard.
4. Describe how would you use Spitting In The Client's Soup and Creating Images techniques with your clients.

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

5. a) Discuss how externalization of interest is developed in supportive psychotherapy.

**(OR)**

- b) What are the techniques available in Jungian psychotherapy to help the clients to overcome the mental suffering.

6. a) Discuss the basic concepts used in Gestalt Therapy.

**(OR)**

- b) Discuss the factors involved in acquiring and maintaining the psychological disturbance as described by multi modal therapy.

7. a) Justify your rationale for the emergence of eclecticism in counselling and psychotherapy.

**(OR)**

- b) Discuss how the therapy techniques used in disrupting irrational beliefs of an individual.

\*\*\*\*\*

**CHOICE BASED CREDIT SYSTEM****M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION FEBRUARY 2022****Health Psychology****Duration:3 Hours****Max Marks:70****I. Answer any SIX of the following :****(6×2= 12 Marks)**

- a). What are the three structures of Personality?
- b). What is Spiritual Wellbeing?
- c). What are Behaviours?
- d). State the meaning of Cognitive Restructuring.
- e). List the response during Fight Mode.
- f). What is social support?
- g). List the types of accidents.
- h). What is Stress Eating?

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

2. Describe how attitude change can influence health behaviours.
3. Examine the individual differences in Stress Reactivity.
4. What are psychosomatic disorders? Explain how psychosomatic disorders help in understanding illness.

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

5. a) Analyse the need for the field of Health Psychology.

(OR)

- b) Elucidate the Transtheoretical Model of Change.

6. a) Critically analyse Han Selye's GAS theory.

(OR)

- b) Adequate Sleep paves way for better health. Justify.

7. a) Elucidate how emotions and instability of health behaviour can act as barriers to modifying poor health behaviours.

(OR)

- b) Critically evaluate how Biopsychosocial model rejected the views of Biomedical model in understanding Health.

\*\*\*\*\*