

CHOICE BASED CREDIT SYSTEM

M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION DECEMBER 2023

Counselling Psychology

Duration:3 Hours

Max Marks:70

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

- a) List the Post-modern Approaches to counselling.
- b) State any two disadvantages of ' Why' questions.
- c) What are the elements of the Acceptance Techniques?
- d) Mention the dimensions of Test Administration.
- e) Mention the three areas that counsellors need to be sensitive in Multicultural Counselling.
- f) List the types of Ethics.
- g) Distinguish between Etic Perspective and Emic Perspective.
- h) What is Transference?

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

- 2) Compare and contrast Counselling and Guidance.
- 3) Describe the meaning of the client's silence.
- 4) Examine the functions of AMCD.

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

- 5 a) Define Counselling. Elucidate the nature of Counselling Process.

(OR)

- b) Analyze the characteristics of the Counselling Relationship.

- 6 a) Elucidate the different ways of Terminating an Interview.

(OR)

- b) Analyse how a Rating Scale and Case Study can help understand the client better.

- 7 a) "Lack of Multicultural Competence could act as a barrier in the Counselling Process", Elaborate.

(OR)

- b) Counsellors Creativity plays an important role in Egan's Model. Elaborate.

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M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION DECEMBER 2023

Psychopathology I

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a) List the Humanistic models for Mental Illness.
- b) Write the features of Shared Psychotic Disorder.
- c) What are the range of moods experienced by a person with Bipolar Disorder?
- d) What are the Psychosocial Interventions available to correct the problematic behaviors of Intermittent Explosive Disorder?
- e) What are Panic provocation agents?
- f) What is Pedophilia?
- g) Describe the term spike in the Obsessive Compulsion Disorder context.
- h) What are the principles of an effective Prevention program to Mental Health?

II. Answer any TWO of the following :

(2×8= 16 Marks)

- 2) Discuss on the Sleep Cycles.
- 3) Explain the Biopsychosocial factors of Depression.
- 4) Bring out the difference between Schizophreniform and Brief Psychotic Disorder.

III. Answer the following questions :

(3×14= 42 Marks)

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

(OR)

- b) Explain the criteria for subtypes of Schizophrenia.

- 6) a) Explain in detail the clinical features and stages of Dementia.

(OR)

- b) Discuss the casual factors and criteria for Histrionic Personality Disorder.

- 7) a) Enumerate the clinical and associated features of Panic Disorder with and without Agoraphobia. Explain its Psychosocial Management.

(OR)

- b) Design strategies for preventing or reducing maladaptive responses to Stress.

CHOICE BASED THIRD SEMESTER M.Sc. Psychology DEGREE EXAMINATION
DECEMBER 2023

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). Who developed Intensive Short-term Dynamic Psychotherapy?
- c). What is authenticity?
- d). What is stress inoculation training?
- e). What is scaling technique?
- f). What is metacommunication?
- g). Describe empty chair technique.
- h). Write any four objectives of Psychotherapies?

II. Answer any TWO of the following :

(2×8= 16 Marks)

2. Describe prestige suggestion with suitable example.
3. Illustrate unconditional positive regard with an example.
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) Write a note on creative art therapies used 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 how logotherapy describes, explains and treats mental suffering.

(OR)

b) Discuss the basic concepts used in cognitive behaviour therapy.

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

(OR)

b) Discuss the therapeutic intervention used by Narrative Therapists.

CHOICE BASED CREDIT SYSTEM

M.Sc./M.Com./MA THIRD SEMESTER DEGREE EXAMINATION DECEMBER 2023

Health Psychology

Duration:3 Hours

Max Marks:70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a) Mention two clinical implications of Biopsychosocial Model.
- b) What are Acute Disorders?
- c) List the three components of Behaviour Intentions.
- d) What is Locus of Control?
- e) List the theories that highlight the origins of stress.
- f) What is Tangible Assistance? Give examples.
- g) List the types of accidents.
- h) Mention few risks associated with Obesity.

II. Answer any TWO of the following :

(2×8= 16 Marks)

- 2) Describe the challenges in modifying Diet.
- 3) Describe the phases in GAS theory.
- 4) Write a note on Psychosomatic Medicine.

III. Answer the following questions :

(3×14= 42 Marks)

- 5 a) Elucidate the role of Psychoanalytic contribution to understand health.

(OR)

- b) What is Relapse? Explain the process and Prevention of Relapse.

- 6 a) Elucidate Fight or Flight Theory of Stress.

(OR)

- b) Exercise as a Health Enhancing Behaviour. Elaborate.

- 7 a) Illustrate with a diagram how stress causes illness and explain the long term effects of stress.

(OR)

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