

## CHOICE BASED CREDIT SYSTEM

M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION NOVEMBER 2024

## Counselling Psychology

Duration:3 Hours

Max Marks:70

## I. Answer any SIX of the following :

(6×2= 12 Marks)

- a) Cite the 8H qualities proposed by Gladding for being an effective Counselor
- b) What is Structuring?
- c) What is Positive Transference?
- d) What is an Anecdotal Record?
- e) Mention the three areas that counsellors need to be sensitive in Multicultural Counselling.
- f) Cite the limitations during the expression of the Feelings Stage.
- g) What is Transference?
- h) Mention the four sections in Case Study.

## II. Answer any TWO of the following :

(2×8= 16.Marks)

- 2) Bring out the steps in creating a Sociogram.
- 3) Analyse the variables in Multicultural Counselling.
- 4) What are Goals? Explain SMART goals.

## III. Answer the following questions :

(3×14= 42 Marks)

- 5 a) Define Counselling and Elucidate the status of counseling in India.

(OR)

- b) Organise the various dimensions of Counselling Relationship.

- 6 a) Elaborate the steps and methods of Closure.

(OR)

- b) Explain Interview and Diaries as Appraisal Tools for Counselling.

- 7 a) Examine the history of Multicultural Counselling.

(OR)

- b) Understanding of Multicultural Issues helps in establishing a trusting relationship.

**CHOICE BASED CREDIT SYSTEM****M.Sc PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION NOVEMBER 2024****Psychopathology I****Duration:3 Hours****Max Marks:70****I. Answer any SIX of the following :****(6×2= 12 Marks)**

- a) What is Secondary Prevention?
- b) Write the prognosis of Schizoaffective Disorder.
- c) What are the range of moods experienced by a person with Bipolar Disorder?
- d) What is Paraphillias?
- e) Describe the term spike in the Obsessive Compulsion Disorder context.
- f) What does Confabulation of Memory mean?
- g) What is Narcolepsy? Mention the biological cause for Narcolepsy
- h) Differentiate the Signs of Fear and Anxiety.

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

- 2) Discuss the causes Persistent Depressive Disorder using Biopsychosocial model.
- 3) Bring out the difference between Schizophreniform and Brief Psychotic Disorder.
- 4) Elaborate on the causes of Adjustment Disorder.

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

- 5 a) Discuss the Bio- Psycho-Social model of Mental Health.

(OR)

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

- 6 a) Define Delirium. Write the criteria for the diagnosis of Delirium.

(OR)

- b) Define Impulse Control Disorder. Explain its types.

- 7 a) Illustrate the clinical features of Social Phobia using a case example.

(OR)

- b) Explain the clinical features and causal factors of Obsessive Compulsive related Disorders and its treatment.

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M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION NOVEMBER 2024

## Psychological Intervention

Duration: 3 Hours

Max Marks: 70

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

- a) Write the difference between Counselling and Psychotherapy
- b) What is Projection?
- c) What does "Logo" in Logotherapy mean?
- d) What is Selective Abstraction?
- e) What is the Scaling Technique?
- f) Who developed Time-Limited Dynamic Supportive-Expressive Psychotherapy?
- g) What is Metacommunication?
- h) State any two objectives of Re-educative Psychotherapy.

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

- 2) Illustrate Genuineness as a therapeutic condition.
- 3) Illustrate Ventilation.
- 4) Describe Catching Oneself and Acting As If techniques used in Adlerian Psychotherapy.

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

- 5 a) Write a note on Music, Drama, and Dance & Movement therapies

**(OR)**

- b) Analyse the techniques used in Jungian Psychotherapy.

- 6 a) According to Fritz Pearls, how do people acquire and maintain mental disorders?

**(OR)**

- b) Critically examine the theory, principles and techniques used in Rational Emotive Behaviour Therapy

- 7 a) How would you use Emotion-Focused Therapy in helping a client?

**(OR)**

- b) Illustrate the concepts of Total Behavior and Types of Needs described in Reality Therapy.

## CHOICE BASED CREDIT SYSTEM

M.Sc. PSYCHOLOGY THIRD SEMESTER DEGREE EXAMINATION NOVEMBER 2024

## Health Psychology

Duration: 3 Hours

Max Marks: 70

I. Answer any SIX of the following :

(6×2= 12 Marks)

- a) What is Social Wellbeing?
- b) What is the idea of the Biopsychosocial Model of Health?
- c) Mention two factors of Health Belief Model.
- d) What is Instability of Health Behaviours?
- e) Who proposed the fight or flight theory?
- f) What is Chronic Strain?
- g) What is Stress Eating?
- h) What are Isokinetic Exercises?

II. Answer any TWO of the following :

(2×8= 16 Marks)

- 2) Illustrate the classical research on the importance of Health Behaviours.
- 3) Write a note on Allostatic load.
- 4) What are psychosomatic disorders? Explain how psychosomatic disorders help in understanding illness.

III. Answer the following questions :

(3×14= 42 Marks)

- 5 a) Explain how Sigmund Freud's Theory of Psychoanalytic model helps in understanding health.

(OR)

- b) Elucidate the Transtheoretical Model of Change.

- 6 a) Elucidate Hans Selye's GAS Theory.

(OR)

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

- 7 a) Analyse the need for the field of Health Psychology.

(OR)

- b) Critically evaluate the various coping interventions of dealing with stress.