



QP CODE: 21000437



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Reg No :

Name :

M Sc DEGREE (CSS) EXAMINATION, MARCH 2021

Third Semester

Faculty of Science

M Sc PSYCHOLOGY

CORE - PY010303 - COGNITIVE AND BEHAVIOURALLY ORIENTED THERAPIES

2019 Admission Onwards

722138F5

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. What is initial Interview
2. Role of homework assignments in Systematic desensitisation
3. Punishment
4. Coverant control?
5. What are the different types of modeling?
6. The principle of Covert Extinction
7. Describe the method of punishment as a contingent aversive control.
8. Cognitive distortions in thinking
9. Benefits of assertive communication
10. False feedback

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Elucidate different approaches to behavioural assessment





12. Comment on desensitisations in group
13. How time out procedures can be used to manage the behaviour problems of children in a classroom
14. What are the methods to ensure efficient token system in an institute
15. Describe the technique of implosive therapy.
16. Briefly explain the method of thought stopping.
17. Apply the stimulus control techniques to a client who is having study problem
18. Explain the various process involved in biofeedback mechanisms

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. What is behavioural therapy.Explain the origin of behavioural therapy.
20. Explain in detail the steps and procedures for progressive muscle relaxation techniques
21. Briefly examine upon the different theories related to systematic desensitisation
22. Stress Inoculation methods

(2×5=10 weightage)

