



QP CODE: 22000755



22000755

Reg No :

Name :

M Sc DEGREE (CSS) EXAMINATION, APRIL 2022

Third Semester

Faculty of Science

M Sc PSYCHOLOGY

CORE - PY010303 - COGNITIVE AND BEHAVIOURALLY ORIENTED THERAPIES

2019 ADMISSION ONWARDS

0D8E7E63

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. What are Correlational methods.
2. why the hierarchical arrangement in systematic desensitisation is not presented in descending order.
3. Components of contingency contracting?
4. How token economy works in a deaddiction center.
5. Self Modelling .
6. Briefly explain the extinction procedure developed by Knight Dunlap.
7. Implosive therapy.
8. Role of self verbalisation.
9. Overcoming learned helplessness.
10. Steps in stress inoculation.

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Explain the assumptions of behavior therapy.
12. Explain the stages in progressive muscle relaxation.





13. Define contingency? How contingency management is used to modify behaviour?
14. Explain differential reinforcement and its applicability to treat the problem behaviours of children at home.
15. Explain the various steps employed in using shock and drugs in aversive counterconditioning.
16. Explain assertiveness therapy with emphasis on use of hierarchy.
17. Explain the self control principles.
18. What are the processes involved in biofeedback mechanisms.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Stress upon the functional behaviour analysis.
20. how can you apply the method of automated desensitisation for a client having exam anxiety.
21. Evaluate various theories related to desensitisation.
22. Explain some of the self control techniques and its application.

(2×5=10 weightage)

