



QP CODE: 24044730



Reg No : .....

Name : .....

**M.Sc DEGREE (CSS) EXAMINATION, OCTOBER 2024**

**Third Semester**

**M.SC PSYCHOLOGY**

**CORE - PY010303 - COGNITIVE AND BEHAVIOURALLY ORIENTED THERAPIES**

2019 ADMISSION ONWARDS

D6C7F11A

Time: 3 Hours

Weightage: 30

**Part A (Short Answer Questions)**

*Answer any **eight** questions.*

*Weight 1 each.*

1. What is behaviour therapy?
2. Habituation Theory.
3. Social reinforce.
4. What are the major assumptions on contingency contracting?
5. Grandma's rule.
6. Outline a technique that follows extinction through gradual reexposure.
7. Explain how mild aversive stimuli may be used in contingent aversive control.
8. Self verbalisation.
9. Role of attributions in learned helplessness.
10. Stimulus control.

(8×1=8 weightage)

**Part B (Short Essay/Problems)**

*Answer any **six** questions.*

*Weight 2 each.*

11. Describe various methods of behavioural assessment.
12. Briefly explain the stages in progressive muscle relaxation.
13. Describe the concept of response cost.





14. Apply the method of token economy in a deaddiction setting.
15. Elucide the steps employed in using shock and drugs in aversive counterconditioning.
16. Assertiveness training.
17. Explain the concept of false feedback.
18. Explain in detail the skill aquisition stage of stress inoculation.

(6×2=12 weightage)

**Part C (Essay Type Questions)**

*Answer any **two** questions.*

*Weight **5** each.*

19. Design an intial interview for an anxious client.
20. Comment on Desensitisation for multiple phobia.
21. Comment on the demerit of automated desensitisation.
22. Explain the theroy and application of biofeedback.

(2×5=10 weightage)

