

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2024  
(Fourth Semester)

Branch - CLINICAL PSYCHOLOGY

CBT FOR COMMON PSYCHOLOGICAL DISORDERS

Time: Three Hours

Maximum: 50 Marks

**SECTION-A (5 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

- 1 Choose the **ODD** one out with regard to cognitive distortions.  
(i) Generalization (ii) Fortune telling  
(iii) Magnification (iv) Mental filters
- 2 Identify the founder of Indian Association for Cognitive Behaviour Therapy.  
(i) Kuruvilla (ii) Nimisha Kumar  
(iii) Aeron Beck (iv) Kumar K B
- 3 Whenever there is set back Shanthi thinks that it's all her fault, she will never find good things, and she doesn't deserve good to happen in her life: This is an example of:  
(i) Negative thoughts (ii) Negative bias  
(iii) Automatic negative thoughts (iv) Pessimistic attitude
- 4 Which of the following technique intentionally provoke obsessions in client?  
(i) JPMR (ii) Exposure response prevention  
(iii) Biofeedback (iv) Response prevention
- 5 When the therapist finds out that the patient has severe suspicious thoughts towards infidelity of spouse, the therapist will:  
(i) Inform the spouse (ii) Inform the spouse with consent  
(iii) Not disclose to spouse (iv) Try to look for evidences

**SECTION - B (15 Marks)**

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a Explain the basic principles of cognitive model.  
OR  
b Differentiate between core beliefs and intermediate beliefs.
- 7 a List out the key points to be considered while establishing rapport with client.  
OR  
b Analyze the importance of therapeutic relationship and explain how it helps in therapy.
- 8 a Explain the techniques used to elicit automatic negative thoughts.  
OR  
b Describe the important components of social skills training.

Cont...

- 9 a Explain the Otto's model of panic disorder.  
OR  
b Analyze the Duga's model of GAD.
- 10 a Outline the common ethical and code of conduct to be followed in therapy.  
OR  
b Explain the major points to be noted while maintaining a therapy record.

**SECTION -C (30 Marks)**

Answer **ALL** questions

**ALL** questions carry **EQUAL** Marks

(5 x 6 = 30)

- 11 a Narrate the history of CBT.  
OR  
b Create an action plan with goal setting and homework assignment for MDD.
- 12 a Structure a treatment plan for alcohol addiction with first 3 sessions.  
OR  
b Examine the issues and challenges faced by the cognitive behavior therapist.
- 13 a Evaluate the Aeron Beck's model of depression.  
OR  
b Summarize the techniques used to identify, evaluate and regulate emotions.
- 14 a Compare and contrast cognitive and meta-cognitive model of OCD.  
OR  
b Evaluate the effectiveness of relaxation therapy used for anxiety disorders.
- 15 a Discuss the process of termination and relapse prevention.  
OR  
b Create a clinical report for a client suffered from claustrophobia.

Z-Z-Z

END