

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2024  
(Third Semester)

Branch – CLINICAL PSYCHOLOGY

**PSYCHOTHERAPY - II**

Time: Three Hours

Maximum: 75 Marks

**SECTION-A (10 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

| Module No. | Question No. | Question                                                                                                                                                                                                                                                         | K Level | CO  |
|------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----|
| 1          | 1            | Who developed the MBSR program?<br>a) Carl Rogers                      b) Jon Kabat-Zinn<br>c) Aaron Beck                      d) Albert Ellis                                                                                                                   | K1      | CO1 |
|            | 2            | Which of the following is a core component of ACT?<br>a) Cognitive restructuring<br>b) Exposure therapy<br>c) Acceptance of thoughts and feelings<br>d) Behavioral activation                                                                                    | K2      | CO1 |
| 2          | 3            | What is the main focus of Structural Family Therapy?<br>a) Individual psychological issues<br>b) The family's structure and dynamics<br>c) Behavioral modification techniques<br>d) Cognitive distortions                                                        | K1      | CO1 |
|            | 4            | How many stages in Duvall's theory?<br>a) 5                      b) 6                      c) 8                      d) 7                                                                                                                                        | K2      | CO1 |
| 3          | 5            | What is the first stage of group therapy often referred to as?<br>a) Working stage                      b) Initial stage<br>c) Termination stage                      d) Transition stage                                                                        | K1      | CO1 |
|            | 6            | How many principles in AA?<br>a) 5                      b) 12                      c) 11                      d) 10                                                                                                                                              | K2      | CO1 |
| 4          | 7            | Which of the following strategies is often recommended to support students with learning disorders?<br>a) Traditional lecture-based instruction<br>b) Individualized Education Plans (IEPs)<br>c) Group assessments<br>d) Standardized testing only              | K1      | CO1 |
|            | 8            | Which type of trauma is often associated with sudden, unexpected events such as accidents or natural disasters?<br>a) Chronic trauma                      b) Complex trauma<br>c) Acute trauma                      d) Secondary trauma                          | K2      | CO1 |
| 5          | 9            | In clinical trials, what is the purpose of a placebo group?<br>a) To provide a baseline for comparison with the treatment group<br>b) To test the efficacy of the drug<br>c) To eliminate any side effects<br>d) To ensure participants receive a real treatment | K1      | CO1 |
|            | 10           | Which of the following conditions is often cited as an example of spontaneous cure?<br>a) Diabetes                      b) Certain cancers<br>c) Hypertension                      d) Chronic heart disease                                                      | K2      | CO1 |

Cont...

**SECTION - B (35 Marks)**Answer **ALL** questions**ALL** questions carry **EQUAL** Marks

(5 × 7 = 35)

| Module No. | Question No. | Question                                                                                                                                                                                             | K Level | CO  |
|------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----|
| 1          | 11.a.        | Identify the ways in which MBCT promote greater self-awareness and emotional regulation in clients?                                                                                                  | K3      | CO1 |
|            |              | (OR)                                                                                                                                                                                                 |         |     |
|            | 11.b.        | Plan the overall structure of an MBSR program, and how is it designed to facilitate stress reduction?                                                                                                |         |     |
| 2          | 12.a.        | Classify the components of Expressed emotions.                                                                                                                                                       | K3      | CO1 |
|            |              | (OR)                                                                                                                                                                                                 |         |     |
|            | 12.b.        | Elaborate on Duvall's eight stage therapy.                                                                                                                                                           |         |     |
| 3          | 13.a.        | List out the types of groups in group therapy.                                                                                                                                                       | K4      | CO4 |
|            |              | (OR)                                                                                                                                                                                                 |         |     |
|            | 13.b.        | Simplify the techniques used in group therapy.                                                                                                                                                       |         |     |
| 4          | 14.a.        | Examine the characteristics of externalizing disorders.                                                                                                                                              | K4      | CO4 |
|            |              | (OR)                                                                                                                                                                                                 |         |     |
|            | 14.b.        | Categorize the various factors that contribute to deliberate self-harm among adolescents, including psychological, social, and environmental influences. Provide examples to illustrate your points. |         |     |
| 5          | 15.a.        | Infer the role of placebo effect in treating disorders.                                                                                                                                              | K4      | CO4 |
|            |              | (OR)                                                                                                                                                                                                 |         |     |
|            | 15.b.        | List out the impact on social and environmental variable in psychotherapy.                                                                                                                           |         |     |

**SECTION - C (30 Marks)**Answer **ANY THREE** questions**ALL** questions carry **EQUAL** Marks

(3 × 10 = 30)

| Module No. | Question No. | Question                                                                                                          | K Level | CO  |
|------------|--------------|-------------------------------------------------------------------------------------------------------------------|---------|-----|
| 1          | 16           | Analyze the techniques used in mindfulness stress reduction therapy.                                              | K4      | CO4 |
| 2          | 17           | Assess the importance of Structural family therapy.                                                               | K5      | CO3 |
| 3          | 18           | Classify the principles of Alcoholics Anonymous.                                                                  | K5      | CO3 |
| 4          | 19           | List out the significance of training and professional development for school counselors in implementing changes. | K5      | CO3 |
| 5          | 20           | Interpret the role of client's readiness for change play in the success of therapeutic outcomes.                  | K5      | CO3 |

Z-Z-Z

END