

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2025  
(Fourth Semester)

Branch – CLINICAL PSYCHOLOGY

**CBT FOR COMMON PSYCHOLOGICAL DISORDERS**

Time: Three Hours

Maximum: 75 Marks

**SECTION- A (10 Marks)**

Answer ALL questions  
ALL questions carry EQUAL marks

(10 x 1= 10)

Module No.	Question No.	Question	K Level	CO
1	1	The term cognitive therapy is derived by a. Judith S Beck                      b. Aaron T Beck c. Alford                                  d. Guilford	K1	CO1
	2	Which of the following provides the framework for understanding a patient ? a. Cognitive Conceptualization b. Cognitive Waves c. Cognitive Distortion d. Cognitive Dissonance	K2	CO1
2	3	An important part of every therapy session is to help patients respond to their _____ a. Inaccurate or Unhelpful ideas b. Accurate or Useful ideas c. Confused ideas d. Unwanted ideas	K1	CO2
	4	When should an evaluation report and treatment plan be written? a. During evaluation b. Between evaluation and 1 <sup>st</sup> therapy session c. After the 1 <sup>st</sup> therapy session d. Before evaluation	K2	CO2
3	5	Identify the correct order in the following. a. Core belief- Intermediate belief- Automatic belief b. Automatic belief- Intermediate belief- Core belief c. Intermediate belief- Core belief- Automatic belief d. Intermediate belief- Automatic belief- Core belief	K1	CO2
	6	Identify the correct order in the following.. a. Situation- Automatic thoughts- Emotion- Behavior b. Automatic thoughts- Situation- Behavior- Emotion c. Emotion- Situation- Automatic thoughts- Behavior d. Behavior- Automatic thoughts- Emotion- Situation	K2	CO2
4	7	Irrational fear that are out of proportion to the actual danger is a. Phobia                                  b. Resentment c. Trepidation                          d. disgust	K1	CO2
	8	Discrete period of intense fear is called a. Apprehension                      b. Timid c. Panic attacks                      d. Creeps	K2	CO2
5	9	Final phase of treatment where the frequency of therapy gradually decreases is known as a. Tapering session                      b. Evaluation session c. Problem assessment session      d. Relationship session	K1	CO2
	10	Planned ending of therapy session is termed as a. Termination                          b. Predisposing c. Perpetuating                          d. Precipitating	K2	CO2

Cont...

**SECTION- B (35 Marks)**

Answer ALL questions  
ALL questions carry EQUAL marks

(5 x 7= 35)

Module No.	Question No.	Question	K Level	CO
1	11. a	Explain the basic principles of cognitive model.	K2	CO1
	(OR)			
	11. b	Illustrate the historical background of CBT.		
2	12. a	Construct the structuring of a session.	K3	CO3
	(OR)			
	12. b	Develop features of first therapy session.		
3	13. a	Distinguish between automatic thoughts and emotions.	K4	CO3
	(OR)			
	13. b	Examine Assertiveness training.		
4	14. a	Explain the cognitive models of anxiety states.	K4	CO3
	(OR)			
	14. b	Examine importance of relaxation techniques in anxiety treatment.		
5	15. a	Classify the steps involved in Report writing.	K3	CO3
	(OR)			
	15. b	Identify the ethics followed in CBT.		

**SECTION- C (30 Marks)**

Answer ANY THREE questions  
ALL questions carry EQUAL marks

(3 x 10= 30)

Module No.	Question No.	Question	K Level	CO
1	16	Elucidate the major concepts of CBT.	K4	CO3
2	17	Enumerate problems and challenges encountered in therapy session.	K4	CO3
3	18	Categorize techniques of eliciting Automatic negative thoughts and responding to ANT.	K4	CO3
4	19	Survey the assessment techniques in CBT for anxiety disorder.	K4	CO3
5	20	Dissect the relapse prevention strategies in CBT.	K4	CO3

Z-Z-Z

END