

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSC DEGREE EXAMINATION DECEMBER 2025
(First 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 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Cognitive model of emotions assumes _____. a) Biology fully explains emotion b) Emotions determine all thoughts c) Behavior occurs independently of thought d) Thoughts influence emotions and behaviors	K1	CO1
	2	ANTS are often characterized by being _____. a) Conscious and reasoned b) Slow and deliberate c) Quick and involuntary d) Detached and neutral	K2	CO1
2	3	The most essential element of an effective therapeutic relationship is _____. a) Trust and empathy b) Authority and control c) Distance and formality d) Diagnosis and advice	K1	CO2
	4	Overly rigid session structuring can result in _____. a) Increased flexibility and empathy b) Better time management and rapport c) Reduced spontaneity and client engagement d) Enhanced problem-solving skills	K2	CO2
3	5	The core of Beck's cognitive theory emphasizes the role of _____. a) Cognitive distortions and schemas b) Interpersonal reinforcement c) Genetic vulnerability d) Somatic complaints	K1	CO3
	6	Assertiveness training primarily aims to help individuals _____. a) Suppress emotional expression b) Avoid confrontation and conflict c) Gain dominance in social settings d) Express needs and opinions respectfully	K2	CO3
4	7	The Subjective Units of Distress Scale (SUDs) is primarily used to _____. a) Assess physical arousal objectively b) Diagnose anxiety disorders c) Measure the intensity of emotional distress d) Evaluate treatment completion	K1	CO4
	8	Imagery-based relaxation requires clients to _____. a) Replace automatic thoughts with logic b) Visualize calming scenes to reduce stress c) Challenge irrational fears through exposure d) Focus on bodily sensations intensely	K2	CO4
5	9	Primary goal of psychological report is _____. a) Replace the need for direct feedback session b) Present complex theories in technical terms c) Record raw data for statistical use only d) Communicate assessment findings clearly and accurately	K1	CO5
	10	Healthy termination process more likely involves _____. a) Mutual discussion, closure, and maintenance planning b) Sudden end after a conflict c) Therapist withdrawal due to scheduling issues d) Client's abrupt discontinuation	K2	CO5

Cont...

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

 $(5 \times 7 = 35)$

Module No.	Question No.	Question	K Level	CO
1	11.a.	Explain the waves of CBT. (OR)	K5	CO1
	11.b.	Assess the goal setting and homework in CBT.		
2	12.a.	Appraise the challenges in therapy. (OR)	K5	CO2
	12.b.	Assess the therapeutic relationship.		
3	13.a.	Analyse the techniques for eliciting Automatic Negative Thoughts. (OR)	K4	CO3
	13.b.	Examine social skills training and role playing.		
4	14.a.	Dissect the Clark's model of Panic Disorder. (OR)	K4	CO4
	14.b.	Analyse relaxation techniques in CBT.		
5	15.a.	Identify the measures in relapse prevention. (OR)	K3	CO5
	15.b.	Organise important aspects in report writing.		

SECTION - C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks $(3 \times 10 = 30)$

Module No.	Question No.	Question	K Level	CO
1	16	Criticise the basic CBT conceptualization and ANT.	K5	CO1
2	17	Examine the structuring of a session in CBT.	K4	CO2
3	18	Assess the Aaron Beck's model of depression.	K5	CO3
4	19	Examine Well's Meta Cognitive Model of OCD.	K4	CO4
5	20	Analyse Ethical Conduct and Therapy Record.	K4	CO5