

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
MSc DEGREE EXAMINATION MAY 2026
(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 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	CBT primarily focuses on (i) childhood conflict (ii) Present thoughts and behaviors (iii) reinforcing adaptive responses (iv) Past unresolved conflicts	K1	CO1
	2	A student fails in an exam and immediately shouts “ I will never succeed in life”. This is an example of _____ (i) Aggression (ii) Rational Appraisal (iii) Automatic Negative Thoughts (iv) Fixed mindset	K2	CO1
2	3	What is the main goal of first therapy session? (i) Deep analysis (ii) Build rapport (iii) Give diagnosis (iv) Judge the client	K1	CO2
	4	Structuring a session helps to _____ (i) Maintain focus (ii) Avoid topics (iii) Delay session (iv) Professional bond	K2	CO2
3	5	Mindfulness in CBT helps to _____ (i) Judge thoughts (ii) Observe thoughts (iii) Manage thoughts (iv) Control thoughts	K1	CO3
	6	A phobia can be referred as _____ (i) Mild fear (ii) Peak fear (iii) Irrational fear (iv) Normal worry	K2	CO3
4	7	Duga’s model emphasizes (i) Intolerance of uncertainty (ii) Meta beliefs (iii) Social fear (iv) Exposure	K1	CO4
	8	Imagery technique involves? (i) Real exposure (ii) Mental images (iii) Writings (iv) Stopping imagination	K2	CO4
5	9	What is relapse in mental health? (i) Full recovery (ii) No recovery (iii) encountering new problem (iv) Return of symptoms after recovery	K1	CO5
	10	Therapy records are used to (i) Judge the client (ii) Diagnose quickly (iii) Replace therapy (iv) Track progress	K2	CO5

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.	List and explain major cognitive distortions.	K1	CO1
		(OR)		
	11.b.	Classify therapies under each wave of CBT.		
2	12.a.	Illustrate the counselling used to develop a therapeutic relationship.	K3	CO2
		(OR)		
	12.b.	Discuss the problems in structuring a session.		
3	13.a.	Identify the techniques for eliciting ANT.	K3	CO3
		(OR)		
	13.b.	How does a therapist help a client make decisions using the advantages-disadvantages technique? Illustrate with an example.		
4	14.a.	Explain Otto's model of CBT for Panic disorder?	K5	CO4
		(OR)		
	14.b.	Give a note on ERP.		
5	15.a.	Explain the process of termination in therapy.	K5	CO5
		(OR)		
	15.b.	What is relapse prevention? Explain its importance in therapy.		

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	Recall the basic principles of cognitive model in detail.	K1	CO1
2	17	Discuss in detail about structure of first therapy session.	K3	CO2
3	18	Discuss the role of mindfulness in CBT.	K4	CO3
4	19	Describe the procedure, principles and benefits of JPMR.	K5	CO4
5	20	Discuss the ethical conducts of therapist with suitable examples.	K5	CO5

Z-Z-Z

END