

CLINICAL PSYCHOLOGY

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	One major similarity between ICD-11 and DSM-5 is a) They are both primarily used for health insurance billing b) They both use the same terminology and definitions for all disorders c) They both reflect current scientific understanding and aim for clinical utility d) They are both updated annually	K1	CO1
	2	Which of the following best defines the field of Clinical Psychology? a) The study of the physiological mechanisms underlying behavior and mental processes b) The scientific study of human behavior in clinical organizations c) The application of psychological principles to assess, diagnose, and treat psychological disorders d) The theoretical exploration of philosophical and existential aspects of the human mind	K2	CO1
2	3	Match the following. (i) Atypical features 1. Early morning awakening (ii) Melancholic features 2. Depressed mood with feelings of tension / restlessness (iii) Catatonia 3. Increased appetite / excessive sleeping (iv) Anxious distress 4. Stupor (i) (ii) (iii) (iv) a) 3 4 2 1 b) 3 1 4 2 c) 2 4 1 3 d) 2 4 3 1	K1	CO2
	4	The diagnostic criteria for major depression specifies that at least one of the symptoms is either: a) Depressed mood / feelings of worthlessness b) Depressed mood / loss of interest or pleasure c) Depressed mood / excessive crying d) Depressed mood / suicidal thoughts	K2	CO2
3	5	Which disorder involves feeling detached from oneself as if observing from outside the body? a) Derealization disorder b) Depersonalization disorder c) Dissociative amnesia d) Bipolar disorder	K1	CO3
	6	A 32-year-old man believes coworkers are trying to undermine him. He holds grudges, is reluctant to confide in others, and misinterprets benign remarks as threatening. He has no hallucinations or fixed delusions. The most likely diagnosis is _____. a) Delusional disorder, persecutory type b) Paranoid personality disorder c) Schizotypal personality disorder d) Schizophrenia	K2	CO3
4	7	Generalized Anxiety Disorder (GAD) is a pervasive condition in which the sufferer experiences: a) Fear of fear. b) Continual apprehension and anxiety about future events. c) Continual flashbacks to past events. d) A desire to check that the environment is safe.	K1	CO4

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4	8	Which of the following best characterizes a panic attack in Panic Disorder? a) A response to a specific feared object or situation b) A sudden surge of intense fear or discomfort that peaks within minutes c) A consistent state of low-level anxiety lasting hours to days d) A reaction to stressful life events with identifiable triggers	K2	CO4
5	9	A person experiencing poor mental health may show a) Occasional preference for solitude to recharge b) Persistent fatigue despite adequate rest c) Short-term stress before important events d) Temporary decrease in appetite due to illness	K1	CO5
	10	Assertion (A): The individual commonly makes deliberate efforts to avoid thoughts, memories, feelings, or talking about the traumatic event and to avoid activities, objects, situations, or people who arouse recollections of it. Reason (R): Intense psychological distress or physiological reactivity often occurs when the individual is exposed to triggering events that resemble or symbolize an aspect of the traumatic event. a) Both A and R are true and R is the correct explanation of A b) Both A and R are true but R is not the correct explanation of A c) A is true but R is false d) A is false but R is true	K4	CO5

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.	Define Clinical Psychology and list down its characteristic features with suitable examples.	K2	CO1
	(OR)			
	11.b.	Describe the relationship between Clinical Interview and Clinical Observation.		
2	12.a.	A 19-year-old woman who is a college student is brought to the clinic by her roommate because she has been acting strangely during the past six months. During the past month, the patient has been describing how another person's thoughts have been entering into her mind. The patient's grades have been slipping, and she does not talk as much as she did previously. The roommate says that when the patient does talk, she strays from the topic and is hard to follow. During the interview, the patient says a television reporter told her that the government had a special message for her and she should listen to the radio for further instructions. Evaluate the case and suggest a provisional diagnosis, providing a comprehensive clinical picture of this condition.	K2	CO2
	(OR)			
	12.b.	'Mood disorders shift; personality disorders persist. Distinguishing the two is essential for effective treatment.' Comment with suitable diagnostic criteria.		
3	13.a.	<i>"Not all atypical interests are disorders; harm and dysfunction are the key distinctions."</i> Justify based on relevant diagnostic criteria.	K4	CO3
	(OR)			
	13.b.	Distinguish between Derealization and Depersonalization with suitable examples.		

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4	14.a.	A 24 year old female has high levels of anxiety about health and performs excessive health-related behaviors of repeated checking of the body for signs of illness. She keeps surfing on the internet about these symptoms for hours together. These symptoms occur at a clinically severe level causing distress and interferes with the functions of daily life. Apply the diagnostic criteria to understand the clinical presentation of this condition.	K3	CO4
	(OR)			
	14.b.	David was brought to the outpatient clinic by his sister, who reported that he had become increasingly withdrawn, irritable, and neglectful of personal hygiene and responsibilities. David admits to daily drinking but insists he is “in control” and uses alcohol to “manage stress.” Evaluate the case and suggest a provisional diagnosis, providing a comprehensive clinical picture of this condition.		
5	15.a.	Analyze the various pain management techniques.	K4	CO5
	(OR)			
	15.b.	Explain the significance of prevention and promotion of Mental Health.		

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	Outline the history of Clinical Psychology.	K1	CO1
2	17	A 35 year old woman's family seeks help for her rapid fluctuations in mood post giving birth to her child. She reports feeling depressed and angry, with frequent thoughts of self-harm and a refusal to take care of her child. She has also been suspicious of family members who have been trying to help her, saying that they are trying to take her child away from her. (i) Apply the diagnostic criteria to understand the clinical presentation of this condition. (5 Marks) (ii) Specify the differential diagnostic criteria related to this condition. (5 Marks)	K2	CO2
3	18	Analyze the overlapping and distinct features of all clusters of Personality Disorders based on their diagnostic criteria.	K4	CO3
4	19	A 24-year-old woman was brought to the emergency room after she suddenly felt very scared while shopping in a crowded mall. She said her heart was beating very fast, she had trouble breathing, felt dizzy, and had tightness in her chest. She was sweating and shaking. She felt like she might die. The symptoms became very strong within about 10 minutes and then slowly got better after about 30 minutes. (i) Apply the diagnostic criteria to understand the clinical presentation of this condition. (5 Marks) (ii) Specify the differential diagnostic criteria related to this condition. (5 Marks)	K3	CO4
5	20	Evaluate the qualities of a mentally healthy person with a case example.	K5	CO5

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END

