



QP CODE: 25022323



Reg No :

Name :

M.Sc DEGREE (CSS) SPECIAL REAPPEARANCE EXAMINATION, APRIL 2025

Third Semester

M.SC PSYCHOLOGY

CORE - PY010303 - COGNITIVE AND BEHAVIOURALLY ORIENTED THERAPIES

2019 ADMISSION ONWARDS

3B0F7B43

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. Define Functional behavioural analysis.
2. Meditation.
3. Immediacy versus delay of reinforcement.
4. Response cost.
5. What is covert modeling?
6. Discuss the use of strong aversive stimuli in contingent aversive control.
7. Discuss the ethical concerns in the use of punishment and aversive control techniques.
8. Homework is an important element of Rational-Emotive Therapy.
9. Negative Self-schema.
10. Concept of Stress inoculation

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Explain in detail the traditional assessment methods.
12. Describe few theories of systematic desensitisation.
13. Explain the concept of covert control.
14. Explain the procedures used in token economy.





15. Discuss the techniques of implosive therapy.
16. Explain the role of minimal effective responses and escalation in assertiveness training.
17. Highlight the main stages of stimulus control methods for a Diet control person.
18. Highlight the importance of Biofeedback techniques.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

*Weight **5** each.*

19. Describe the nature of behaviour therapy.
20. Apply the procedure and steps of systematic desensitisation for a client having snake phobia.
21. Highlight the merits of desensitisation in group.
22. Examine in detail the concept of false feedback, Highlight the importance of it in therapy.

(2×5=10 weightage)

