

TM243100E

Reg. No :

Name :

MASTER'S DEGREE (C.S.S) EXAMINATION, FEBRUARY 2024
2022 ADMISSIONS SUPPLEMENTARY (SAY)
SEMESTER III - CORE COURSE Psychology
PY3C11TM - Cognitive and Behaviorally Oriented Therapies

Time : 3 hrs Hours

Maximum Weight : 30

Part A

I. Answer any Eight questions. Each question carries 1 weight

(8x1=8)

1. Explain behaviour therapy.
2. Define the term traditional assessment.
3. Write a note on JPMR
4. Discuss on yoga and mindfulness as effective relaxation techniques.
5. Write a short note on contingency contracting.
6. Write a short note on reinforcement and punishment.
7. Explain the term stimulus satiation.
8. What is self-stimulatory behaviour?
9. Elaborate on self efficacy.
10. Write a note on strength of character or will power.



Part B

II. Answer any Six questions. Each question carries 2 weight

(6x2=12)

11. what is recording? Discuss its types.
12. Explain traditional versus behavioural assessment.
13. Explain automated desensitization with examples.
14. Write a note on the token economy program in a classroom setting.
15. Give a brief note on negative practice.
16. Explain Beck's cognitive learning approach.
17. Discuss the methods and procedure in biofeedback.
18. Discuss the different types of biofeedback.

Part C

III. Answer any Two questions. Each question carries 5 weight

(2x5=10)

19. Describe the procedure in Jacobson's relaxation technique.
20. Explain contingency management and the different types of reinforcement and punishment.
21. Discuss the ethical and procedural concerns in aversive control technique.
22. Explain how covert assertion can be combined with thought stopping in modifying behavior.