

TM243913S

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Reg. No :.....

Name :.....

MASTER'S DEGREE (C.S.S) EXAMINATION, NOVEMBER 2024

2023 ADMISSIONS REGULAR

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. Discuss the guideline of functional analysis.
2. What is functional behavioural analysis?
3. Write a short note on automated desensitization.
4. What is the importance of ascending hierarchy in desensitization?
5. Write a short note on activity reinforcer.
6. Mention the types of modelling procedure.
7. Explain the term stimulus satiation.
8. Write a note on cognitive punishment?
9. What is learned helplessness?
10. Brief on the importance of self talk as an effective tool to improve positive thinking.

Part B

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

(6x2=12)

11. what is recording? Discuss its types.
12. Discuss why behaviour therapy rejects classical trait theory.
13. Explain group desensitization.
14. Enumerate the advantages and disadvantages of token economy system.
15. Explain graduated extinction in terms of avoidance behaviour.
16. Discuss techniques proposed by Beck in his cognitive approach.
17. What is the techniques involved in self-control?
18. Explain operant methods in self-control.

Part C

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

(2x5=10)

19. Describe the procedure in Jacobson's relaxation technique.
20. Elaborate on the different schedules of reinforcement.
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.