

**THIRD SEMESTER M.Sc. DEGREE (REGULAR/SUPPLEMENTARY)  
EXAMINATION, NOVEMBER 2021**

(CBCSS)

Clinical Psychology

CPY 3E 02—MEDICAL PSYCHOLOGY

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

**General Instructions**

1. *In cases where choices are provided, students can attend **all** questions in each section.*
2. *The minimum number of questions to be attended from the Section / Part shall remain the same.*
3. *The instruction if any, to attend a minimum number of questions from each sub section / sub part / sub division may be ignored.*
4. *There will be an overall ceiling for each Section / Part that is equivalent to the maximum weightage of the Section / Part.*

**Section A**

*Write short notes any **eight** questions.  
Each question carries a weight of 1.*

1. Stress.
2. Health belief model.
3. JPMR.
4. Quality of life.
5. Health promotion.
6. Terminal illness.
7. Wellness.
8. Immunity.
9. Cancer.
10. Health compromising behaviour.

11. Asthma.
12. GAS.

(8 × 1 = 8 weightage)

### Section B

*Answer any four from the following in a paragraph.  
Each question carries 3 weightage.*

13. Emotional adjustment during hospitalization.
14. Relationship between stress and cancer.
15. Coping in accident victims.
16. Relaxation techniques.
17. Behavioural causes in coping with high mortality illness.
18. Health related behaviour.
19. Coping with terminal illness.

(4 × 3 = 12 weightage)

### Section C

*Answer any two from the following.  
Each question carries 5 weightage.*

20. Describe ways of promoting health.
21. Discuss the role of stress in illness.
22. Explain how psychologist and practioners play their roles in hospital settings.
23. Give an account of meditation and stress management techniques.

(2 × 5 = 10 weightage)

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Clinical Psychology

CPY 3E 01—HOLISTIC PSYCHOLOGY

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

**General Instructions**

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**Section A**

*Write short notes any eight questions.  
Each carries a weightage of 1.*

1. Yama.
2. Shirshasana.
3. Self awareness.
4. Cosmic consciousness.
5. Progressive relaxation.
6. Existentialism.
7. Bliss.
8. Peak experience.
9. Yoga sutra.
10. Holistic clinical psychology.
11. Yoga psychology.
12. Meditation.

(8 × 1 = 8 weightage)

**Turn over**

**Section B**

*Answer any four from the following in a paragraph.  
Each carries a weightage of 3.*

13. Rationale and purpose of combined east-west approach in clinical psychology
14. Yoga as defined by Patanjali and Vyasa
15. Technique and process of theory in an East-west approach
16. Steps in Patanjali yoga
17. Psychotherapy in India
18. Yoga breathing for therapeutic purpose
19. Factors contributing to combined East-West approach.

(4 × 3 = 12 weightage)

**Section C**

*Answer any two from the following.  
Each carries a weightage of 5.*

20. Explain alternate eastern therapeutic approaches in holistic clinical psychology.
21. What are the features of psychotherapy in India and the cultural values of Indian therapeutic approach ?
22. Discuss about holistic clinical psychology from humanistic and existential perspective.
23. Elucidate yoga theory of psychopathology, yoga stages and limitation of yoga.

(2 × 5 = 10 weightage)

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Clinical Psychology

CPY 3C 12—PSYCHOPATHOLOGY

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

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**Part A (Short Answer Questions)**

*Answer any eight questions.*

*Each question carries 1 weightage.*

1. Organic amnesia.
2. Stammering and stuttering.
3. Grandiose delusions.
4. Disorders of content of thinking.
5. Primary delusions.
6. Circumstantiality.
7. Functional hallucinations.
8. Thought alienations.
9. Flight of ideas.

10. Theory of mind.
11. Body image distortions.
12. Confabulation.

(8 × 1 = 8 weightage)

### **Part B (Short Essays)**

*Answer any four questions.*

*Each question carries 3 weightage.*

13. Discuss the major kinds of sensory distortions.
14. Elaborate the nature of abnormal expression of emotions.
15. Which are the disorders of the form of thinking.
16. Describe the disorders of adaptive movements.
17. Examine the nature of disturbances of consciousness.
18. Examine the nature of morbid disorders of emotions.
19. Describe the peculiarities of sensory deceptions.

(4 × 3 = 12 weightage)

### **Part C (Essay Type Questions)**

*Answer any two questions.*

*Each question carries 5 weightage.*

20. Discuss the different types of amnesia.
21. Describe the classification of motor disorders.
22. Examine the disorders of thought and speech.
23. Elaborate the disorders of the experience of self.

(2 × 5 = 10 weightage)

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(CBCSS)

Clinical Psychology

CPY 3C 11—PSYCHOTHERAPEUTICS—II

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

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**Part A (Short Answer Questions)**

*Answer any eight questions.*

*Each question carries 1 weightage.*

1. In vivo exposure.
2. Response prevention.
3. Biofeedback.
4. Positive and negative punishment.
5. Vicarious conditioning.
6. Assertiveness training.
7. Extinction.
8. Confidentiality.
9. Covert desensitization.
10. Deep muscle relaxation.

11. Crisis intervention.
12. Contingency management.

(8 × 1 = 8 weightage)

### Part B (Short Essays)

*Answer any **four** questions.*

*Each question carries 3 weightage.*

13. Examine the chief principles of operant conditioning.
14. Describe the chief techniques in desensitization and extinction procedures.
15. Examine the technique of marital therapy.
16. Explain the application of aversion and verbal aversion technique.
17. Discuss the technique involved in Jacobson's progressive muscle relaxation.
18. What are the principles of token economy ?
19. What is meditation ? What are its applications ?

(4 × 3 = 12 weightage)

### Part C (Essay Type Questions)

*Answer any **two** questions.*

*Each question carries 5 weightage.*

20. Examine how effectively the technique of modelling can be applied in clinical settings.
21. What are the applications of chemical aversion and verbal aversion technique ?
22. Outline the application of principles of classical conditioning in learning new behaviours.
23. Describe the technique of assertiveness training.

(2 × 5 = 10 weightage)



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Clinical Psychology

CPY 3C 10—COUNSELLING PSYCHOLOGY

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

**General Instructions**

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**Part A (Short Answers)**

*Answer any eight questions.  
Weightage 1.*

1. Couple counselling.
2. Cognitive approaches in counselling.
3. Effective counselling relationship.
4. Legal aspects of Counselling.
5. Client centred counselling.
6. Yoga relaxation.
7. Group counselling.
8. Disability counselling.
9. Problem solving strategies.
10. Unconditional positive regard.
11. Psychotherapy.
12. Community Counselling.

(8 × 1 = 8 weightage)

**Turn over**

**Part B (Short Essays)**

*Answer any four questions.*

*Weightage 3.*

13. How to build counselling relationship ?
14. Professional issues in counselling.
15. Marriage and family counselling.
16. Gender based counselling.
17. JPMR.
18. Characteristics of helping relationship.
19. Eclectic counselling.

(4 × 3 = 12 weightage)

**Part C (Essays)**

*Answer any two questions.*

*Weightage 5.*

20. Explain the stages of counselling process.
21. Elucidate the scope of counselling diverse population.
22. Explain the role of relaxation in counselling.
23. Explain the cognitive approach to counselling.

(2 × 5 = 10 weightage)