

C-5345

Sub. Code

**70611/70711/
70811/70911**

M.Sc. DEGREE EXAMINATION, APRIL 2025.

First Semester

FUNDAMENTALS OF PSYCHOLOGY

**(Common for all M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Section A

(10 × 1 = 10)

Answer **all** questions.

1. Who is often regarded as the founder of Modern Psychology?
(a) Sigmund Freud (b) Wilhelm Wundt
(c) William James (d) Ivan Pavlov
2. The study of how genes and environment interact to influence behaviour is known as:
(a) Epigenetics
(b) Evolutionary psychology
(c) Behavioural genetics
(d) Gene expression
3. The ability to maintain attention on a task over an extended period of time is referred to as:
(a) Selective attention
(b) Divided attention
(c) Sustained attention
(d) Executive attention

4. Which stage of memory involves the initial processing of sensory information into a form that the brain can use?
- (a) Short-term memory
 - (b) Long-term memory
 - (c) Sensory memory
 - (d) Working memory
5. The process of breaking down complex problems into smaller, more manageable parts in order to find a solution is known as:
- (a) Insight
 - (b) Algorithmic thinking
 - (c) Heuristic thinking
 - (d) Decomposition
6. The IQ test was developed by:
- (a) Alfred Binet (b) Lewis Terman
 - (c) David Wechsler (d) Charles Spearman
7. Which of the following is not a common extrinsic motivator?
- (a) Money (b) Recognition
 - (c) Job Satisfaction (d) Promotion opportunity
8. The Cannon-Bard theory of emotion proposes that:
- (a) Emotions are purely cognitive constructs influenced by cultural norms
 - (b) Physiological arousal and emotional experience occur simultaneously
 - (c) Emotions are the result of cognitive interpretations of events
 - (d) Emotional expressions precede physiological responses

9. According to Bandura's Social-cognitive theory, which of the following factors influences personality development?
- (a) Genetic predispositions
 - (b) Observational learning
 - (c) Unconscious conflicts
 - (d) Collective unconscious
10. Which of the following factors is not typically considered when examining individual differences?
- (a) Personality traits
 - (b) Genetic makeup
 - (c) Socioeconomic status
 - (d) Gender identity

Section B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the scope of Psychology.
- Or
- (b) Elaborate how heredity is transmitted from parents to their off springs.
12. (a) How does error occur in perception?
- Or
- (b) What are the factors influencing memory?
13. (a) Discuss Maslow's hierarchy of needs.
- Or
- (b) What is Prejudice? Illustrate with examples.
14. (a) Explain various components of emotion.
- Or
- (b) Describe Cannon-Bard theory of emotion.
15. (a) Discuss the factors that influence decision making.
- Or
- (b) What is aptitude? Explain its nature.

Section C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Describe any two methods of Psychology with merits and limitations.

Or

- (b) Discuss the birth of Psychology and its emergence as a separate discipline.

17. (a) What is memory? How is it related to learning and living?

Or

- (b) Suggest ways and means of securing the attention of students in the class.

18. (a) Discuss the trial and error learning and bring out its educational implications.

Or

- (b) What are some potential ethical concerns and challenges in the field of intelligence?

19. (a) Analyse Erickson's psychological development.

Or

- (b) What factors contribute to the development of Prosocial behaviour in individuals?

20. (a) What role does arousal theory play in understanding the relationship between arousal levels and motivation?

Or

- (b) Explain the concept of incentive theory and how it relates to the role of rewards and punishments in motivating behaviour.

C-5346

Sub. Code

**70612/70712/
70812/70912**

M.Sc. DEGREE EXAMINATION, APRIL 2025

First Semester

COGNITIVE PSYCHOLOGY

**(Common for All M.Sc. (Applied Psychology)
Specialization Course)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The concept of self-actualization is associated with which theorist?
(a) Albert Bandura (b) Carl Rogers
(c) Abraham Maslow (d) B.F. Skinner
2. According to Freud's psychosexual stages of development, which stage is associated with the conflict of toilet training?
(a) Oral stage (b) Anal stage
(c) Phallic stage (d) Genital stage
3. Which defense mechanism involves attributing one's own unacceptable impulses or qualities to others?
(a) Projection (b) Rationalization
(c) Repression (d) Displacement

4. Who is considered the founder of psychoanalysis?
 - (a) B.F. Skinner
 - (b) Carl Rogers
 - (c) Sigmund Freud
 - (d) Albert Bandura
5. Which theorist is known for his work on the interpersonal theory of personality?
 - (a) Carl Jung
 - (b) Erik Erikson
 - (c) Alfred Adler
 - (d) Harry Stack Sullivan
6. Which of the following is a goal of therapy in the interpersonal approach?
 - (a) Resolving unconscious conflicts
 - (b) Enhancing self-esteem
 - (c) Improving interpersonal functioning
 - (d) Achieving self-actualization
7. Which existential psychologist is known for his concept of “existential vacuum”?
 - (a) Viktor Frankl
 - (b) Rollo May
 - (c) Abraham Maslow
 - (d) Carl Rogers
8. The Minnesota Multiphasic Personality Inventory (MMPI) is primarily used for:
 - (a) Assessing specific personality traits
 - (b) Diagnosing psychological disorders
 - (c) Measuring self-esteem
 - (d) Evaluating interpersonal relationships
9. According to social learning theory, learning occurs through:
 - (a) Classical conditioning
 - (b) Operant conditioning
 - (c) Observing and imitating others
 - (d) Reinforcement of innate behaviors

10. According to Piaget, the process of assimilation involves:
- (a) Modifying existing schemas to incorporate new information
 - (b) Incorporating new information into existing schemas
 - (c) Changing existing schemas to accommodate new information
 - (d) Reversing the process of development

Part B

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Briefly explain the history and development of cognitive psychology.

Or

- (b) Write a note on emotional intelligence.

12. (a) Bring out the difference between selective and division of attention.

Or

- (b) How subliminal images impact brain and behaviour?

13. (a) Write the types of reconstructive retrieval.

Or

- (b) Briefly explain the process of forgetting.

14. (a) How knowledge helps in problem solving?

Or

- (b) Briefly explain the types of blocks to creativity.

15. (a) Define: Reasoning and decision making.

Or

- (b) Briefly explain the phases of decision making.

Part C

(5 × 8 = 40)

Answer **all** questions choosing either (a) or (b).

16. (a) Explain the emotional intelligence.

Or

- (b) Explain the methods in cognitive psychology.

17. (a) Explain Gestalt's approach in perception.

Or

- (b) Explain the difference between controlled and automatic Processing.

18. (a) Explain the process of language comprehension.

Or

- (b) Describe the models of memory.

19. (a) Explain the cycle of problem solving.

Or

- (b) Explain how decision making could be improved.

20. (a) Explain how reasoning skills make a person a better decision maker.

Or

- (b) Describe the techniques of problem solving.

C-5347

Sub. Code

**70613/70713/
70813/70913**

M.Sc. DEGREE EXAMINATION, APRIL 2025

First Semester

THEORIES OF PERSONALITY

**(Common for All M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the term for the process of breaking down complex tasks into smaller, more manageable parts?
 - (a) Chunking
 - (b) Encoding
 - (c) Schema activation
 - (d) Heuristic processing
2. Which of the following best describes working memory?
 - (a) Long-term storage of information
 - (b) Temporary storage and manipulation of information
 - (c) Automatic processing of sensory information
 - (d) Retrieval of memories from childhood

3. Which of the following brain structures is most closely associated with the regulation of sleep and wakefulness?
- (a) Hippocampus
 - (b) Amygdala
 - (c) Thalamus
 - (d) Reticular activating system
4. The concept of “change blindness” refers to:
- (a) The inability to detect changes in visual scenes if those changes are made gradually
 - (b) The tendency to overlook changes in one’s environment if one’s attention is focused elsewhere
 - (c) The failure to perceive objects that are not relevant to the current task
 - (d) The inability to distinguish between similar stimuli in a cluttered visual field
5. Which of the following is a characteristic of short-term memory?
- (a) Unlimited capacity
 - (b) Relatively brief duration without rehearsal
 - (c) Encoding of information for long-term storage
 - (d) Retrieval of memories from distant past
6. Which of the following types of memory is most closely associated with remembering how to ride a bicycle?
- (a) Procedural memory
 - (b) Semantic memory
 - (c) Episodic memory
 - (d) Working memory

7. The term “creativity” refers to:
- (a) The ability to memorize large amounts of information
 - (b) The ability to generate novel and useful ideas
 - (c) The ability to solve problems using well-defined procedures
 - (d) The ability to quickly adapt to changing situations
8. What is brainstorming?
- (a) A problem-solving strategy that involves breaking a problem into smaller parts
 - (b) A technique for generating ideas by withholding criticism and encouraging wild and varied ideas
 - (c) A step-by-step approach to solving a problem, often using mathematical equations
 - (d) A method for testing hypotheses through systematic observation and experimentation
9. Which of the following is a feature of inductive reasoning?
- (a) Drawing specific conclusions from general principles
 - (b) Making decisions based on probabilities and uncertainties
 - (c) Evaluating evidence and drawing logical conclusions
 - (d) Generating creative solutions to complex problems

10. What is the framing effect in decision making?
- (a) The tendency to make decisions based on how information is presented
 - (b) The tendency to rely too heavily on the first piece of information encountered
 - (c) The tendency to overestimate the probability of rare events
 - (d) The tendency to make decisions based on emotional responses rather than rational analysis

Part B (5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Explain any one theory of personality.

Or

- (b) What is an objective type test? How will you construct it?

12. (a) What is anxiety? Explain.

Or

- (b) What are the psychosexual stages of personality?

13. (a) Explain the interpersonal approach to personality.

Or

- (b) What does interpersonal theory say about development of personality?

14. (a) Explain the existential approach.

Or

- (b) Discuss Cattell's theory.

15. (a) Explain the cognitive approach theory.

Or

- (b) What is the view of Bandura on personality?

Part C

(5 × 8 = 40)

Answer **all** questions choosing either (a) or (b).

16. (a) What is personality? Elaborate on the ways of looking at it.

Or

- (b) Explain the varieties of personality measures.

17. (a) Explain the psycho-analytic approach.

Or

- (b) Discuss on the topic of neo psycho-analytic approach.

18. (a) What is Freedom theory? Explain it.

Or

- (b) Explain the interpersonal theory.

19. (a) Explain the Rollo May's theory.

Or

(b) Explain the Cattell's theory of development of personality.

20. (a) Explain the social learning theory.

Or

(b) Explain personal construct nature theory.

C-5348

Sub. Code

**70614/70714/
70814/70914**

**M.Sc. (Specialization in Clinical Psychology) DEGREE
EXAMINATION, APRIL 2025**

First Semester

DEVELOPMENT PSYCHOLOGY

**(Common for All M.Sc. (Applied Psychology)
(Specialization Course)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Section A

(10 × 1 = 10)

Answer **all** questions.

1. During which stage of prenatal development do major organs and systems begin to form?
 - (a) germinal stage (b) embryonic stage
 - (c) fetal stage (d) neonatal stage
2. Which hormone is primarily responsible for initiating labor contractions?
 - (a) estrogen
 - (b) progesterone
 - (c) oxytocin
 - (d) prolactin

3. Which of the following milestones is typically achieved during infancy?
- (a) Walking
 - (b) Riding a bicycle
 - (c) Reading
 - (d) Solving complex puzzles
4. What is the approximate age range for early childhood?
- (a) Birth to 1 year (b) 1 to 3 years
 - (c) 3 to 5 years (d) 5 to 12 years
5. What term describes the tendency of children to form friendships with peers who are similar to themselves in terms of age, gender and ethnicity?
- (a) Peer pressure (b) Social comparison
 - (c) Homophily (d) Social identity
6. According to Erickson's psychological theory , which stage occurs during middle childhood and involves mastering skills and gaining a sense of competence?
- (a) Trust Vs Mistrust
 - (b) Autonomy Vs Shame and doubt
 - (c) Initiative Vs. Guilt
 - (d) Industry Vs. Interiority

7. What term describes the process of exploring and establishing personal and professional goals during early adulthood?
- (a) Identity crisis (b) Midlife crisis
(c) Role confusion (d) Identity exploration
8. Which of the following is a common symptom associated with menopause?
- (a) Increased fertility
(b) Hot flashes
(c) Regular menstrual cycles
(d) Heightened estrogen levels
9. What term describes the emotional and psychological support provided to individuals who are grieving the loss of a loved one?
- (a) Bereavement (b) Palliative care
(c) Hospice care (d) Grief counseling
10. What term best captures the psychological process of accepting one's mortality and seeking significance in the face of death?
- (a) Existential crisis
(b) Death anxiety
(c) Death acceptance
(d) Thanatophobia

Section B**(5 × 5 = 25)**

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the causes of low birth weight.

Or

- (b) How does mother age affect prenatal development and birth outcomes?

12. (a) How does self-concept form during late childhood? Explain.

Or

- (b) Analyse the effects of exposure to media and technology on early childhood development.

13. (a) What role do cultural norms and values play in shaping emotional expression and regulation during middle childhood?

Or

- (b) How many children's interactions with peers and adults contribute to the development of their self concept?

14. (a) What kind of problem to females encounter during the period of menopause?

Or

- (b) Discuss the effects of hormonal shifts on physical health and well-being.

15. (a) What are the key psychological challenges faced by older adults?

Or

- (b) Analyse the impacts of unresolved grief and complicated bereavement on individuals mental health.

Section C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) What role do prenatal healthcare and prenatal vitamins play in promoting healthy fetal development?

Or

- (b) Discuss the influence of environment in prenatal development.

17. (a) Describe Piaget's cognitive development.

Or

- (b) What role does play have in promoting cognitive, emotional and social development during early childhood?

18. (a) How do children develop emotional regulation skills and coping strategies during middle childhood? Explain.

Or

- (b) How does social learning theory explain the development of behaviours and attitudes during middle childhood? Discuss.

19. (a) Analyse the hormone regulation change during adulthood.

Or

- (b) How does emotional intelligence contribute to effective decision making and problem solving during middle adulthood? Describe.
20. (a) Elaborate the interventions and strategies in promoting health aging and enhancing physical functioning during late adulthood.

Or

- (b) What resources are available to support individuals and families during the dying process and in bereavement? Discuss.
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C-5349

Sub. Code

70616/70716

70816/70916

M.Sc. DEGREE EXAMINATION, APRIL 2025.

First Semester

HEALTH PSYCHOLOGY

**(Common for all M.Sc. (Applied Psychology)
Specialization courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. Which of the following are the basic sources of stress?
 - (a) the environment
 - (b) social stressors
 - (c) physiological and thoughts
 - (d) all of the above
2. An example of dys functional coping.
 - (a) denial
 - (b) behavioural disengagement
 - (c) resistant coping
 - (d) planning

3. One reason the placebo effect may occur is _____
- (a) you believe that taking a medication will help you
 - (b) your brain reacts to placebo in the sameway as it would to the medication
 - (c) a placebo can lower your stress level
 - (d) all of the above
4. The last stage of death in the Kubler-Ross model is?
- (a) Denial anger (b) Acceptance
 - (c) Bargaining (d) Depression
5. What is the main function of antioxidants in the body?
- (a) enhance brain function
 - (b) fight against free radicals
 - (c) regulate blood pressure
 - (d) aid digestion
6. The world health day is celebrated on _____
- (a) 1st March (b) 7th April
 - (c) 6th October (d) 10th December
7. Which of the following factor is necessary for a healthy person?
- (a) vaccination (b) balanced diet
 - (c) personal hygiene (d) all of the above
8. Managing chronic pain is more complex in older adults mainly because
- (a) they are reluctant to participate in management strategies
 - (b) the impact is the same as their younger counter parts with the additional problem of social isolation
 - (c) many approaches to management are in appropriate for this group
 - (d) none

9. Families with a chronically ill child should
- (a) find some positive aspect to their situation
 - (b) devote themselves full-time to their child
 - (c) reinforce the child's illness behaviours
 - (d) realize that the child's chronic illness will soon be cured
10. In contrast to people with acute illness, those with chronic disorders are more likely to
- (a) Develop a hopeless attitude toward their condition
 - (b) Accept their physician's authority
 - (c) Comply with medical advice
 - (d) Be aware of their disease

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the characteristics of health.
- Or
- (b) Discuss the Bio psychosocial model.
12. (a) Describe the health promoting behaviours.
- Or
- (b) Explain the reasons for studying healthy behaviours.
13. (a) Discuss the social support on coping.
- Or
- (b) Describe the sources of stress.
14. (a) Explain the pain control techniques.
- Or
- (b) Discuss the issues in pain management.

15. (a) Describe the psychological issues in advancing illness.

Or

- (b) Discuss the quality of life.

Part C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Describe the Research in Health Psychology.

Or

- (b) Explain the Biomedical model.

17. (a) Describe the health compromising behaviours characteristics.

Or

- (b) Discuss the theories and approaches in promotion of healthy behaviour.

18. (a) Explain the coping style.

Or

- (b) Describe the resilience in coping.

19. (a) Discuss the pain control techniques.

Or

- (b) Explain the physiology of pain.

20. (a) Discuss the overview of clinical disorders.

Or

- (b) Describe the psychological interventions.

C-5350

Sub. Code

**70621/70721/
70821/70921**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

APPLIED SOCIAL PSYCHOLOGY

**(Common for all M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which of the following is not a type of non-verbal communication?
(a) Gesture (b) Facial Expression
(c) Written words (d) Proximics
2. Schemes are mental structure that help us:
(a) Organize and interpret information
(b) Regulate emotional responses
(c) Develop personal traits
(d) Improve verbal communicative skills
3. Who developed the concept of sociometry?
(a) Sigmund Freud (b) Kurt Lewin
(c) Jacob L. Moren (d) Jean Piaget

4. Which of the following is a type of aggression?
- (a) Instrumental aggression
 - (b) Emotional aggression
 - (c) Both (a) and (b)
 - (d) None of the above
5. Which leadership style is characterized by a high level?
- (a) Democratic (b) Laissez-Faire
 - (c) Autocratic (d) Transformational
6. Who is considered the founder of social psychology?
- (a) Sigmund Freud (b) Kurt Lewin
 - (c) Carl Jung (d) William James
7. In what decade did social psychology become a distinct field with psychology?
- (a) 1900's (b) 1920's
 - (c) 1940's (d) 1960's
8. Who conducted the famous 'obedience' to authority experiments in the 1960's?
- (a) Philip zimbardo (b) Soloman Arch
 - (c) Stanly milgram (d) Albert Bandura
9. Which of the following is a primary method used in social psychology research?
- (a) Case study
 - (b) Longitudinal study
 - (c) Experimental method
 - (d) Neuro imaging technique

10. Which of the following is NOT a typical sign of group think?
- (a) Illusion of invulnerability
 - (b) Self-censorship
 - (c) Increased diversity of opinions
 - (d) Pressure on dissenters to conform

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) What are the primary focus of social psychology?

Or

- (b) Explain the three major types of leadership.

12. (a) What is the role of social psychology in improving educational outcomes?

Or

- (b) What is leadership in the context of social psychology?

13. (a) Briefly explain 'Social Perception'.

Or

- (b) What is aggression in the context of social psychology?

14. (a) Define social cognition. Explain.

Or

- (b) Describe one common source of prejudice.

15. (a) What is interpersonal attraction? Explain.

Or

- (b) What is Attitude scale? Explain.

Part C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Define leadership and discuss its importance and functions in an organizational context.

Or

- (b) Explain the concept of applied social psychology. How do social psychologists apply their theories and research methods to address real-world problems?

17. (a) Define prejudice and discuss its components. What are the effects on individuals and society?

Or

- (b) Examine the concept of schemes in social cognition. How do schemes help us organize and interpret social information.

18. (a) Discuss the concept of conformity, compliance, obedience and pro social behaviour.

Or

- (b) Explain the three major types of leadership styles.

19. (a) Discuss the scope of social psychology. What are some key topics and issues?

Or

- (b) Examine the psychological theories explaining the origin of prejudice.

20. (a) Define social perception and discuss its importance in social interaction.

Or

- (b) Explore the concept of social impact theory and its application to understanding social influence.

C-5351

Sub. Code

**70622/70722/
70822/70922**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

**Psychology (Specialisation in Counselling and
Psychotherapy)**

NEUROPSYCHOLOGY

**(Common for all M.Sc. (Applied Psychology)
Specialization Course)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the primary focus of neuropsychology?
 - (a) Social behavior
 - (b) Brain structure only
 - (c) The relationship between brain function and behavior
 - (d) Emotional intelligence
2. Which technique is commonly used in experimental neuropsychology to study brain function?
 - (a) Behavioral therapy
 - (b) Neuroimaging
 - (c) Psychometrics
 - (d) Hypnos

3. What part of the neuron receives signals from other neurons?
- (a) Axon
 - (b) Dendrites
 - (c) Soma
 - (d) Axon terminals
4. Which neurotransmitter is primarily involved in muscle contraction and memory formation?
- (a) Dopamine
 - (b) Serotonin
 - (c) Acetylcholine
 - (d) Norepinephrine
5. The primary motor cortex is located in which lobe of the brain?
- (a) Parietal lobe
 - (b) Occipital lobe
 - (c) Frontal lobe
 - (d) Temporal lobe
6. Which lobe of the brain is primarily responsible for processing visual information?
- (a) Frontal lobe
 - (b) Temporal lobe
 - (c) Parietal lobe
 - (d) Occipital lobe

7. Which area of the occipital lobe is involved in recognizing objects and faces?
- (a) Primary visual cortex
 - (b) Fusiform gyrus
 - (c) Calcarine sulcus
 - (d) Prestriate cortex
8. Which disorder is characterized by difficulty in spatial awareness and navigating familiar environments?
- (a) Apraxia
 - (b) Agnosia
 - (c) Hemispatial Neglect
 - (d) Prosopagnosia
9. What is the primary purpose of a neuropsychological battery?
- (a) To assess physical health
 - (b) To measure cognitive function and diagnose brain disorders
 - (c) To evaluate emotional well-being
 - (d) To determine intelligence quotient (IQ)
10. Which WAIS subtest involves the ability to interpret and solve visual puzzles?
- (a) Block Design
 - (b) Vocabulary
 - (c) Similarities
 - (d) Information

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Examine the establishment of neuropsychology as a distinct scientific discipline.

Or

- (b) Describe the major anatomical structures of the brain.

12. (a) Explain the process of action potential generation and propagation along a neuron.

Or

- (b) Write short note on resting potential.

13. (a) Explain the significance of the temporal lobe in processing auditory information.

Or

- (b) State the symptoms of Lesions.

14. (a) Discuss the role of the occipital lobe in visual processing

Or

- (b) In what ways do the occipital and parietal lobes collaborate to support tasks that require both visual and sensory input?

15. (a) Discuss the significance of neuropsychological assessments

Or

- (b) Write short note on “Halstead Reitan Battery”.

Part C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Discuss the evolution of brain imaging techniques from early methods to current technologies.

Or

- (b) How does functional MRI (fMRI) contribute to cognitive neuroscience research?

17. (a) Reflect on the physiological and functional significance of action potentials in communication between neurons.

Or

- (b) Explore the relationship between neuronal structure and function in different types of neurons.

18. (a) How do the functions of the frontal lobe contribute to executive decision-making and how might damage to this area impact an individual's daily life?

Or

- (b) Describe the role of the temporal lobe in language processing. How might impairments in this area affect communication abilities?

19. (a) How does the occipital lobe contribute to visual perception, and how might a disruption in this area affect an individual's ability to recognize objects.

Or

- (b) Disorders of spatial cognition-Explain.

20. (a) Explain the role of standardized tests in neuropsychological assessments, and what are the advantages and limitations of using standardized measures?

Or

- (b) Explain the factors affecting the choice of assessment of neuropsychological assessment.
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C-5352

Sub. Code

**70623/70723/
70823/70923**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

PSYCHOMETRY

**(Common for All M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Complete the sequence of symbols or letters is called as _____
 - (a) Pattern Sequences
 - (b) Brain structure only
 - (c) The relationship between brain function and behavior
 - (d) Emotional intelligence
2. Which shape does not fit with the others
 - (a) Circle
 - (b) Square
 - (c) Triangle
 - (d) Rectangle

3. In which scaling method are responses categorized into distinct groups with no specific order?
- (a) Interval Scaling
 - (b) Ordinal Scaling
 - (c) Nominal Scaling
 - (d) Ratio Scaling
4. What is the primary purpose of conducting item analysis on objective test questions?
- (a) To measure the test-taker's overall attitude
 - (b) To evaluate the effectiveness and quality of each test item
 - (c) To assess the difficulty of the test
 - (d) To ensure the test is aligned with curriculum standards
5. What is the main advantage of using a multiple-choice format in objective tests?
- (a) It allows for open-ended responses
 - (b) It provides detailed feedback on individual responses
 - (c) It can efficiently assess a wide range of content
 - (d) It requires lengthy explanations from test-takers
6. What type of reliability is measured by comparing scores from two different forms of the same test?
- (a) Split-Half Reliability
 - (b) Test-Retest Reliability
 - (c) Parallel-Forms Reliability
 - (d) Inter-Rater Reliability

7. Internal consistency reliability is often measured using which of the following statistics?
- (a) Pearson Correlation Coefficient
 - (b) Kuder-Richardson Formula 20 (KR-20)
 - (c) Cronbach's Alpha
 - (d) Intraclass Correlation Coefficient
8. Which type of standard score indicates how many standard deviations a score is from the mean?
- (a) Percentile Rank
 - (b) Z-Score
 - (c) T-Score
 - (d) Stanine
9. Which of the following is true about percentile ranks?
- (a) They indicate how many standard deviations a score is from the mean
 - (b) They are used to compare scores to a normal distribution
 - (c) They represent the percentage of scores below a particular score
 - (d) They have a mean of 100 and a standard deviation of 15
10. What is the primary purpose of normalizing standard scores?
- (a) To ensure all scores have the same mean and standard deviation
 - (b) To convert scores into percentile ranks
 - (c) To adjust scores for different testing conditions
 - (d) To compare scores across different tests

Part B

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) What are the primary objectives of the test?

Or

- (b) Write a note on 'Testing the items'.

12. (a) Explain the tests of ability and attainment.

Or

- (b) Explore the merits and demerits of multiple choice items.

13. (a) Explain the two indices in item analysis.

Or

- (b) State the objectives of rewriting the items.

14. (a) Discuss the types of validity in test construction.

Or

- (b) State the factors affecting validity test construction.

15. (a) What are the primary goals of normalizing standard scores, and how do they contribute to the interpretation of test results?

Or

- (b) What are the primary advantages Sten scores compared to other standardized scores like z-scores or T-scores?

Part C

(5 × 8 = 40)

Answer **all** questions choosing either (a) or (b).

16. (a) How has the reliability of the test been ensured, and what are the methods for evaluating its consistency over time?

Or

- (b) What methods will be used to identify and address any potential sources of confusion or misinterpretation in the test items?

17. (a) Explain the different test items.

Or

- (b) Explore the problems encountered in construction of personality inventories.

18. (a) What criteria were used to select the specific statistical methods or techniques for analyzing the data?

Or

- (b) What statistical metrics will be used to evaluate the items?

19. (a) What factors should be considered when evaluating test-retest reliability, especially in tests administered over different time intervals?

Or

- (b) Explore the rules for sampling special groups.

20. (a) What is the purpose of using percentiles in your data analysis and how will they help in interpreting the results?

Or

- (b) Criterion and Norm referenced tests – Explain.
-

C-5353

Sub. Code

**70627/70727/
70827/70927**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

Applied Psychology

BEHAVIOUR MODIFICATION

**(Common for all M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** objective type questions.

1. What is the primary goal of behaviour modification?
 - (a) To understand the genetic basis of behaviour
 - (b) To change maladaptive behaviours into positive ones
 - (c) To classify different types of behaviours
2. Which of the following is a characteristic of behaviour modification?
 - (a) Focus on unconscious motives
 - (b) Reliance on subjective interpretations
 - (c) Emphasis on observable and measurable behaviours
3. What is an example of a conditional reinforcer?
 - (a) Money
 - (b) Food
 - (c) Water

4. Which type of conditioning involves pairing a neutral stimulus with an unconditional stimulus until the neutral stimulus elicits the same response?
 - (a) observational conditioning
 - (b) operant conditioning
 - (c) classical conditioning
5. What is the primary purpose of shaping in behaviour modification?
 - (a) to reinforce successive approximations of the target behaviour
 - (b) to reinforce only the final desired behaviour
 - (c) to extinguish unwanted behaviours
6. Which type of prompt involves physically guiding the learner through the desired activity?
 - (a) gestural prompt
 - (b) verbal prompt
 - (c) physical prompt
7. What is the main goal of Differential Reinforcement of Alternative behaviour (DRA)
 - (a) to reinforce a desirable alternative behaviour
 - (b) to reinforce the undesired behaviour
 - (c) to ignore all behaviours
8. What does Differential Reinforcement of Other behaviour (DRO) involve?
 - (a) reinforcing any behaviour that is similar to the undesired behaviour
 - (b) reinforcing the behaviour that occurs most frequently
 - (c) reinforcing the absence of the undesired behaviour within a specified time period

9. What is the primary component of a token economy?
- (a) physical punishment
 - (b) tokens that can be exchanged for rewards
 - (c) verbal praise
10. What is a key characteristic of adverse counter conditioning?
- (a) Pairing a pleasant stimulus with a neutral response
 - (b) pairing an unpleasant stimulus with an undesired behaviour
 - (c) removing all stimuli from the environment

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Define token economy and discuss its practical considerations in implementations.

Or

- (b) Explain the components of a behavioural contract and their significance in behaviour change.

12. (a) Explain the Differential Reinforcement of Alternative behaviour (DRA) and Differential Reinforcement of Other behaviour (DRO).

Or

- (b) Define the Differential Reinforcement of Low rates of Responding (DRL) and provide an example of its application.

13. (a) Define shaping and explain how it can be used to modify problem behaviours.

Or

- (b) Describe the different types of prompts and provide examples for each.

14. (a) Define positive and negative reinforcement and provide examples of each.

Or

- (b) Explain the concept of schedules of reinforcement and their importance in behaviour modification.

15. (a) Define behaviour and explain the basic concept associated with it.

Or

- (b) Discuss the historical development of behaviour modification.

Part C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Explain in detail the process of functional behavioural analysis, including its steps and significance.

Or

- (b) Discuss the areas of application for behavioural modification, providing examples for each.

17. (a) Explain the concept of extinction in detail and the factors that influence the extinction process.

Or

- (b) Discuss the different schedules of reinforcement and their effects on behaviour, providing examples for each type.
18. (a) Describe the procedure of shaping in detail, including its steps and the role of reinforcement in shaping new behaviours.

Or

- (b) Discuss the techniques of prompting and fading, and how they can be effectively used to teach new skills.
19. (a) Describe the different types of differential reinforcement strategies (DRA, DRO, DRL) and discuss their applications and effectiveness in behaviour modification.

Or

- (b) Analyze the use of antecedent control strategies in increasing desirable behaviours and decreasing undesirable behaviour.

20. (a) Analyze the advantages and disadvantages of a token economy, providing examples of its applications in various setting.

Or

- (b) Discuss the steps involved in implementing a token economy, including practical considerations and potential challenges.
-

C-5354

Sub. Code

**70628/70728/
70828/70928**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

COMMUNITY MENTAL HEALTH

**(Comment for All M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which of the following is a common mental health issue in communities?
(a) Hypertension (b) Depression
(c) Diabetes (d) Arthritis
2. Which of the following is NOT a characteristics of a community?
(a) Shared interest
(b) Geographic proximity
(c) Complete homogeneity
(d) Social Interaction
3. What is the primary aim of innovative community intervention?
(a) Maintaining status quo
(b) Introducing novel solution to challenges
(c) Reducing community participation
(d) Focusing on short-term gains

4. Mental health stigma can lead to
 - (a) Increased access to services
 - (b) Delayed treatment seeking
 - (c) Improved quality of life
 - (d) Better social integration
5. Which evaluation type assesses the broader effects of an intervention on the community?
 - (a) Formative evaluation
 - (b) Impact evaluation
 - (c) Process evaluation
 - (d) Outcome evaluation
6. What is a common challenge in implementing mental health interventions in community settings?
 - (a) Lack of funding
 - (b) Limited access to technology
 - (c) Overabundance of trained professionals
 - (d) Low community interest
7. Why is understanding cultural factors important in community mental health initiatives?
 - (a) To enforce cultural norms
 - (b) To avoid involving stakeholders
 - (c) To ensure interventions are relevant and effective
 - (d) To increase administrative burden

8. When adopting interventions to different cultural contents, what ethical principle should guide the process?
- (a) Excluding cultural considerations
 - (b) Implementing interventions quickly
 - (c) Respecting cultural values and norms
 - (d) Ignoring community feed back
9. Which implementation science framework is commonly used to guide the stages of implementation in community mental health interventions?
- (a) SWTO analysis
 - (b) EPIS framework
 - (c) Force field analysis
 - (d) PDSA cycle
10. What is the primary purpose of conducting a need assessment in planning a community mental health intervention?
- (a) To allocate financial resource efficiently
 - (b) To understand the specific mental health needs and priorities of the community
 - (c) To train health care providers
 - (d) To develop a marketing strategy

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the importance of community in promoting mental well being.
- Or
- (b) Describe the steps involved in conducting a community needs assessment for mental health services.

12. (a) Discuss the role of community leaders in addressing stigma associated with mental health issues.

Or

- (b) Describe the innovative non-traditional interventions that can help to build community resilience.

13. (a) Explain the importance of evaluating community interventions.

Or

- (b) Evaluate strategies for scaling up successful community-based mental health interventions.

14. (a) Explain the importance of culture in community mental health initiatives.

Or

- (b) Evaluate the impact of stakeholder collaboration on the sustainability of community mental health interventions.

15. (a) Describe the importance of engaging stakeholders in the planning process of a mental health intervention.

Or

- (b) Develop a detailed implementation strategy for a community mental health intervention of your choice.

Part C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Describe strategies to encourage active community participation in mental health initiatives.

Or

- (b) Analyse the role of primary health care providers in identifying and managing mental health issues at the community level.

17. (a) Explain the importance of sustainability in community resilience and stigma reduction efforts.

Or

- (b) How can educational institutions collaborate with communities to foster resilience and reduce stigma? Provide specific programmes or initiatives as example.

18. (a) Discuss the process of selecting and appropriate implementation science framework for a community intervention. What factors should be considered in this selection process?

Or

- (b) Analyse the role of community engagement strategies in the successful implementation of mental health interventions.

19. (a) Evaluate the challenges and benefits of implementing culturally sensitive mental health interventions in diverse communities. Include the role of stakeholders in over coming these challenges.

Or

- (b) Evaluate the impact of stakeholders collaboration on the sustainability of community mental health intervention.

20. (a) Identify and discuss common challenges that might arise during the implementation of a community mental health intervention.

Or

- (b) Describe how you would ensure the intervention's activities and outcomes are maintained beyond the initial implementation phase.
-

C-5355

Sub. Code

**70631/70731/
70831/70931**

**M.Sc. (Applied Psychology) Specialization Courses
DEGREE EXAMINATION, APRIL 2025**

Third Semester

COUNSELLING SKILLS AND TECHNIQUES

**(Common for All M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Section A

(10 × 1 = 10)

Answer **all** questions.

1. In the context of counselling “report building” refers to
 - (a) Establishing a therapeutic alliance
 - (b) Analysing past experiences
 - (c) Applying diagnostic tests
 - (d) Conducting group sessions
2. Who is considered the founder of client-centered (non-directive) counselling
 - (a) Sigmund Freud (b) Carl Rogers
 - (c) B.F. Skinner (d) Albert Bandura

3. Abraham Maslow is known for which theoretical concept
- (a) Defence mechanism
 - (b) Hierarchy to needs
 - (c) Cognitive dissonance
 - (d) Operant conditioning
4. The humanistic approach emphasizes
- (a) Free will and personal growth
 - (b) Behavioural conditioning
 - (c) Family dynamics
 - (d) Dream analysis
5. Congruence refers to
- (a) The alignment between the counsellor's words and actions
 - (b) The ability to diagnose mental health issues accurately
 - (c) A strict adherence to therapeutic protocols
 - (d) The counsellor's ability to remain emotionally distant
6. Which attitude is most conducive to effective counselling?
- (a) Judgmental
 - (b) Critical
 - (c) Accepting
 - (d) Dismissive

7. Initiating skills in counselling primarily involve
- (a) Active listening and empathy
 - (b) Setting goals and objectives
 - (c) Offering advice and solutions
 - (d) Establishing a therapeutic alliance
8. Gerard Egan's model of counselling is also known as
- (a) The cognitive-behavioural model
 - (b) The humanistic approach
 - (c) The skilled helper model
 - (d) The systematic therapy model
9. Which of the following is a common issue addressed in workplace counselling
- (a) Financial planning
 - (b) Conflict resolution
 - (c) Travel arrangements
 - (d) Pet care
10. Gerontological counselling is concerned with
- (a) Adolescents
 - (b) Aging population
 - (c) Middle-aged adults
 - (d) Young children

Section B**(5 × 5 = 25)**

Answer **all** questions, choosing either (a) or (b).

11. (a) Discuss the difference between individual counselling and group counselling.

Or

- (b) What are the characteristics of client that counsellors need to be aware of?

12. (a) Explain the gestalt approach to counselling and its therapeutic techniques.

Or

- (b) Explain the role of cognitive restructuring in Cognitive-Behavioural Therapy (CBT) and its therapeutic applications.

13. (a) Explain the different types of counselling records, their uses and the skills required for effective record-keeping.

Or

- (b) Describe the concept of self-renewal and its importance for counsellors.

14. (a) Describe general Egan's model of counselling and its key stages.

Or

- (b) Describe the use of meditation and yoga as indigenous therapeutic approaches in counselling.

15. (a) Describe the focus and techniques used in Gerontological counselling.

Or

- (b) Explain the goals and techniques of pre-marital counselling.

Section C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Discuss the characteristics, advantages and disadvantages of directive counselling and non-directive counselling.

Or

- (b) Compare and contrast individual group and community counselling.

17. (a) Describe the main principles of Cognitive-Behavioural Therapy (CBT) and explain the cognitive trial, cognitive distortions and behavioural interventions.

Or

- (b) Evaluate the contributions of sigmund Freud and later psychodynamic theorists to the development and evolution of psychodynamic therapy.

18. (a) Discuss the interplay between values, beliefs and attitudes in counselling practices. How do these elements influence the therapeutic relationship and client outcomes?

Or

- (b) Discuss the importance of wellness and self care for professional counsellors, including strategies to manage vicarious trauma, compassion fatigue, stress, burnout and self-renewal.

19. (a) Explain the principles and applications of mindfulness, positive psychology, solution focused and brief therapies in counselling.

Or

- (b) Analyze the skills and techniques required for effective counsellors, focusing on initiating, attending and responding.
20. (a) Explain the role and techniques of career counselling in educational settings. How does it support students in their career development?

Or

- (b) Discuss the role of fertility management counselling and its techniques in supporting individuals or couples facing fertility issues.
-

C-5356

Sub. Code

**70632/70732/
70832/70932**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

Psychology

RESEARCH METHODS AND APPLIED STATISTICS

**(Common for all M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all the** questions.

1. Which type of sampling technique involves selecting every nth element from the population?
 - (a) Simple random sampling
 - (b) Stratified sampling
 - (c) Systematic sampling
 - (d) Convenience sampling
2. What is the main purpose of exploratory research?
 - (a) To test hypotheses and establish causality
 - (b) To describe and measure characteristics of a population
 - (c) To understand a problem or phenomenon
 - (d) To generalize findings to a larger population

3. What is the purpose of a hypothesis in research?
 - (a) To summarize the findings of the study
 - (b) To provide background information on the topic
 - (c) To guide the research process and make predictions
 - (d) To describe the research participants
4. Which research tool involves gathering data from a sample of respondents through face-to-face interviews?
 - (a) Survey
 - (b) Experiment
 - (c) Case study
 - (d) Observation
5. Which of the following is a common data collection method in qualitative research?
 - (a) Surveys
 - (b) Experiments
 - (c) Questionnaires
 - (d) Interviews
6. What is the term used to describe the process of ensuring the credibility and trustworthiness of qualitative findings?
 - (a) Reliability
 - (b) Validity
 - (c) Generalizability
 - (d) Replicability
7. Which type of variable can be manipulated or controlled by the researcher?
 - (a) Independent variable
 - (b) Dependent variable
 - (c) Extraneous variable
 - (d) Confounding variable

8. Which statistical test is appropriate for determining if there is a significant difference between two group means?
- (a) Chi-square test
 - (b) Analysis of variance (ANOVA)
 - (c) Pearson correlation
 - (d) T-test
9. What does the interquartile range (IQR) represent in a dataset?
- (a) The difference between the largest and smallest values
 - (b) The spread of data around the mean
 - (c) The range of values in the dataset
 - (d) The middle 50% of the data
10. Which of the following is a measure of central tendency?
- (a) Standard deviation
 - (b) Range
 - (c) Median
 - (d) Variance

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the primary objectives of conducting research.

Or

- (b) Outline the steps involved in conducting research. How does each step contribute to the overall research process?

12. (a) Discuss the importance of formulating clear and testable hypotheses in the research process.

Or

- (b) Explain the process of designing and validating research instruments.

13. (a) Explain the process of data analysis in qualitative research.

Or

- (b) Discuss the concepts of validity and reliability in the context of qualitative research.

14. (a) Explain the importance of controlling for extraneous variables in research.

Or

- (b) Discuss the different types of variables researchers encounter and provide examples of each.

15. (a) Discuss the different measures of central tendency used in descriptive statistics.

Or

- (b) Describe various graphical methods used in descriptive statistics.

Part C

(5 × 8 = 40)

Answer **all** the questions, choosing either (a) or (b).

16. (a) Define research in the context of academic inquiry. What distinguishes research from everyday problem-solving or information gathering?

Or

- (b) Explain the concept of a research gap. How do researchers identify gaps in existing literature or knowledge that justify the need for new research?

17. (a) Compare and contrast different types of interviews used in research (e.g., structured interviews, semi-structured interviews, unstructured interviews). How do researchers choose the appropriate interview type based on their research objectives and the nature of the study?

Or

- (b) Explain the significance of standardized tools in research. Discuss the advantages of using standardized tools compared to other data collection methods.
18. (a) Define qualitative research. How does qualitative research differ from quantitative research in terms of goals, methodologies, and data analysis approaches?

Or

- (b) Compare and contrast different qualitative research methods. What are the strengths and limitations of each method?
19. (a) Explore how variables are conceptualized and used in different research fields. What are the common types of variables studied in each field, and how are they measured or manipulated?

Or

- (b) Explain the process of interpreting data findings in research. How do researchers make sense of statistical results or qualitative insights to draw conclusions and support research hypotheses or objectives?

20. (a) Discuss the importance of graphical representation in descriptive statistics. What are common types of graphs used to visually represent data distributions?

Or

- (b) Compare and contrast different statistical software packages (e.g., SPSS, R, SAS, Python). What are the strengths and limitations of each software in handling various types of data and conducting statistical analyses?
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C-5357

Sub. Code

**70633/70733/
70833/70933**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

Psychology

TRAINING AND DEVELOPMENT

**(Common for all M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. Which aspect of training and development focuses on long-term career growth and succession planning?
 - (a) Technical training
 - (b) Employee orientation
 - (c) Leadership development
 - (d) Compliance training
2. What role does training and development play in organizational change management?
 - (a) It ensures compliance with legal regulations
 - (b) It minimizes resistance to change among employees
 - (c) It reduces the need for continuous learning
 - (d) It limits communication within departments

3. Which of the following is an example of primary data collection?
- (a) Reviewing published research articles
 - (b) Conducting surveys
 - (c) Analyzing government reports
 - (d) Using secondary datasets
4. What does the term “debugging” refer to in software development?
- (a) Optimizing the program for better performance
 - (b) Removing errors or bugs from the program code
 - (c) Designing user interfaces
 - (d) Analyzing user feedback
5. Which training method is best suited for teaching technical skills through step-by-step demonstrations?
- (a) Role-playing
 - (b) On-the-job training
 - (c) Lectures
 - (d) Case studies
6. Which training method is particularly effective for fostering teamwork and collaboration among employees?
- (a) E-learning
 - (b) Workshops
 - (c) Team building exercises
 - (d) Job rotation
7. Which method is commonly used to deliver training content to geographically dispersed employees?
- (a) On-the-job training
 - (b) Classroom lectures
 - (c) Webinars
 - (d) Case studies

8. Which activity should be conducted immediately after completing a training session to gauge its effectiveness?
- (a) Issuing certificates of participation
 - (b) Asking participants to rate the training
 - (c) Scheduling the next training session
 - (d) Reviewing the training materials
9. What is the first step in conducting a training needs assessment for a new training program?
- (a) Developing training materials
 - (b) Evaluating employee performance
 - (c) Identifying training objectives
 - (d) Allocating budget
10. What role does feedback play in improving future training programs?
- (a) It increases training costs
 - (b) It reinforces existing knowledge
 - (c) It identifies areas for improvement
 - (d) It delays the implementation of training initiatives

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Discuss the importance of training and development in modern organizations.

Or

- (b) Analyze the challenges and barriers organizations may face when implementing training and development programs.

12. (a) Define and explain the concept of task analysis in the context of training program design.

Or

- (b) Discuss the factors that trainers should consider when designing programs to ensure they align with organizational goals and meet the needs identified through the needs assessment process.
13. (a) Choose a specific industry or organizational context (e.g., healthcare, IT, manufacturing) and discuss which training methods are most commonly used.

Or

- (b) Evaluate the effectiveness of various training methods in achieving learning outcomes and enhancing employee performance.
14. (a) Describe best practices for implementing and delivering training programs effectively.

Or

- (b) Evaluate the importance of evaluation and feedback mechanisms in assessing the effectiveness of a training program.
15. (a) Discuss the importance of evaluating training programs in organizations. Why is it essential to assess the effectiveness of training initiatives?

Or

- (b) Explain the four levels of training evaluation proposed by Donald Kirkpatrick.

Part C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Explain the importance of feedback in the learning process during training. How can trainers optimize feedback mechanisms to enhance learning outcomes?

Or

- (b) Compare and contrast the learning preferences of adult learners with those of younger learners. How can trainers tailor their approaches to accommodate these differences?

17. (a) Outline the essential steps involved in designing a comprehensive training program. How does each step contribute to the overall effectiveness of the program?

Or

- (b) Outline a step-by-step process for designing a comprehensive training module. What are the key considerations at each stage?

18. (a) Analyze the benefits of using simulations in training. What are the potential challenges or limitations trainers may encounter when implementing simulation-based learning?

Or

- (b) Discuss the steps involved in conducting an effective brainstorming session. How can trainers facilitate creativity and collaboration during brainstorming?

19. (a) Discuss the importance of understanding group dynamics in training settings. What factors influence group cohesion and productivity?

Or

- (b) Discuss the importance of visual aids, storytelling, and audience engagement strategies in delivering impactful presentations.
20. (a) Explain how ROI analysis helps organizations justify training investments and allocate resources effectively.

Or

- (b) Compare and contrast different evaluation methods used in assessing training effectiveness.
-

C-5358

Sub. Code

**70636/70736/
70836/70936**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

POSITIVE PSYCHOLOGY

**(Common for all M.Sc. (Applied Psychology)
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. Which psychologist is considered the founder of positive psychology?
 - (a) Sigmund Freud
 - (b) Abraham Maslow
 - (c) Carl Rogers
 - (d) Martin Seligman

2. Which of the following is a key concept in positive psychology?
 - (a) Neurosis
 - (b) Self-actualization
 - (c) Trauma
 - (d) Obsession

3. Which theory suggests that positive emotions broaden an individual's momentary thought-action repertoire?
 - (a) Cognitive appraisal theory
 - (b) Broaden-and-Build theory
 - (c) Social exchange theory
 - (d) Classical conditioning theory
4. Well-being is influenced by factors such as:
 - (a) Genetic predisposition and personality traits
 - (b) Socioeconomic status and material possessions
 - (c) Academic achievements and career success
 - (d) All of the above
5. What is the primary purpose of setting personal goals?
 - (a) To compare oneself with others
 - (b) To enhance self-esteem
 - (c) To provide direction and motivation
 - (d) To avoid challenges and difficulties
6. Which of the following is an example of self-regulation?
 - (a) Making a to-do list
 - (b) Watching television instead of studying
 - (c) Giving in to a craving for junk food
 - (d) Procrastinating on important tasks
7. Which of the following is NOT one of the stages of Erikson's psychosocial development theory?
 - (a) Identity vs. Role Confusion
 - (b) Intimacy vs. Isolation
 - (c) Integrity vs. Despair
 - (d) Conformity vs. Independence

8. Piaget's stages of cognitive development include:
- (a) Sensori motor, preoperational, concrete operational, and formal operational
 - (b) Trust vs. Mistrust, autonomy vs. shame and doubt, initiative vs. guilt, industry vs. inferiority
 - (c) Oral, anal, phallic, latency, genital
 - (d) Pre-conventional, conventional, post-conventional
9. Which stage of Kohlberg's moral development theory involves conforming to societal norms and laws?
- (a) Pre-conventional morality
 - (b) Conventional morality
 - (c) Post-conventional morality
 - (d) Autonomous morality
10. According to Maslow's hierarchy of needs, the highest level of need that individuals strive to achieve is:
- (a) Physiological needs
 - (b) Safety needs
 - (c) Belongingness and love needs
 - (d) Self-actualization needs

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) What fundamental assumptions underlie the field of positive psychology? How do these assumptions challenge or complement traditional views of mental health and human behavior?

Or

- (b) Discuss how positive psychology aims to enhance human well-being and optimal functioning. What are the core principles that guide positive psychology interventions and research?

- 12. (a) How do positive emotions contribute to overall well-being? Discuss the psychological, social and physiological benefits of experiencing positive emotions regularly.

Or

- (b) How are positive emotions measured in psychological research? Discuss common methods and scales used to assess positive emotions and their validity.

- 13. (a) What strategies or techniques do you use to improve self-discipline and self-management?

Or

- (b) Discuss how self-control influences an individual's ability to achieve goals and succeed in various aspects of life.

- 14. (a) How can early experiences and learning opportunities shape future attitudes towards health and wellness?

Or

- (b) How can adolescents develop healthy relationships and coping strategies to navigate peer pressure and societal expectations?

15. (a) How can young adults prioritize mental health and well-being while pursuing educational and career goals?

Or

- (b) What are the benefits of intergenerational relationships and connections in promoting well-being across different age groups?

Part C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Explore the relationship between positive emotions and psychological well-being. How do these emotions contribute to resilience and overall life satisfaction?

Or

- (b) Evaluate the benefits of applying positive psychology principles in organizational settings. How can positive leadership, employee engagement, and workplace culture contribute to organizational success?

17. (a) Discuss how close relationships influence psychological well-being. How do factors like trust, communication, and support contribute to emotional health?

Or

- (b) Analyze the role of technology in shaping modern-day close relationships. How does digital communication impact intimacy, trust, and well-being in relationships?

18. (a) Explore the role of self-regulation in effectively pursuing personal goals. How can individuals manage their behaviors, emotions, and cognitive processes to stay focused and resilient in the face of challenges?

Or

- (b) Explore how aligning personal goals with core values contributes to greater satisfaction and fulfillment. How can individuals ensure their goals reflect their authentic aspirations and priorities?
19. (a) Discuss the importance of prenatal care in promoting health and well-being for both the mother and the developing fetus. How do prenatal experiences and maternal health impact early childhood development?

Or

- (b) Analyze the stages of cognitive development and their implications for learning and educational practices across early, middle and late childhood.
20. (a) Discuss the challenges and opportunities for personal development and identity formation during adolescence. How can adolescents navigate peer influences, academic pressures, and self-discovery to promote well-being?

Or

- (b) Discuss strategies for aging well and maintaining quality of life during late adulthood. How do individuals cope with physical changes, retirement, and maintaining social connections and mental agility?

C-5359

Sub. Code

**70637/70737/
70837/70937**

M.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

SOCIAL MARKETING

**(Common for all M.Sc. (Applied Psychology),
Specialization Courses)**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. In social marketing, what does the '4Ps' stand for?
 - (a) Product, Price, Place, Promotion
 - (b) Product, Process, Physical Evidence, Performance
 - (c) Plan, Policy, Procedure, Publicity
 - (d) Price, Profit, Product, Process
2. Which of the following is a key component of social marketing?
 - (a) Product placement
 - (b) Corporate partnership
 - (c) Behavioral change
 - (d) Market segmentation

3. What is the primary goal of a social marketing plan?
 - (a) Increase sales of a product
 - (b) Change individual behaviours for social good
 - (c) Promote a new product launch
 - (d) Expand market share
4. Which strategy involves offering rewards to encourage a desired behaviour?
 - (a) Social proof
 - (b) Incentives
 - (c) Education
 - (d) Modeling
5. What methodology is often used in designing social products to ensure community involvement?
 - (a) Lean Startup
 - (b) Agile
 - (c) Participatory design
 - (d) Six Sigma
6. Which of the following is a key consideration in designing a social product?
 - (a) Aesthetics
 - (b) Cost
 - (c) Social impact
 - (d) Brand positioning

7. When positioning a social product, which factor is most critical to consider?
- (a) Cost of production
 - (b) Social impact and relevance
 - (c) Technological innovation
 - (d) Brand color and design
8. What does the acronym USP stand for in marketing?
- (a) Unique Selling Proposition
 - (b) Universal Sales Plan
 - (c) Ultimate Service Product
 - (d) User Satisfaction Policy
9. The power politics approach is most effective when targeting.
- (a) Individual lifestyle change
 - (b) Small-scale community projects
 - (c) Wide-reaching public health issues
 - (d) Personal financial decisions
10. Which of the following is considered as an influence group in social marketing?
- (a) Family
 - (b) Friends
 - (c) Community leaders
 - (d) All of the above

Part B

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b)

11. (a) Define social marketing and explain how does it differ from commercial marketing?

Or

- (b) Evaluate the challenges faced in measuring the effectiveness of social marketing campaigns.

12. (a) Discuss how the marketing mix (4Ps) is applied in social marketing.

Or

- (b) Explain the ethical considerations in social marketing.

13. (a) How does the product address a specific social or community need?

Or

- (b) Explain the concept of demand in social marketing. How does it differ from traditional market demand?

14. (a) What are the unique benefits of the social product?

Or

- (b) What channels and messages are most effective for reaching the audience?

15. (a) Discuss the importance of behaviour change in social marketing campaigns provide examples to illustrate your points.

Or

- (b) Describe the key challenges involved in promoting action through social marketing. How can these challenges be overcome?

Part C

(5 × 8 = 40)

Answer **all** questions choosing either (a) or (b)

16. (a) Discuss the role of social marketing in promoting public health campaigns with suitable examples.

Or

- (b) Critically analyze the effectiveness of social marketing in influencing behaviour change.

17. (a) Describe the steps involved in developing a strategic plan for a social marketing campaign. Discuss the role of market research and SWOT analysis in this process.

Or

- (b) Discuss the factors that influence channel selection and provide examples of different channels.

18. (a) Explain the importance of user centered design in creating a social product provide examples of how user research can influence product development?

Or

- (b) Discuss the role of technology in enhancing the effectiveness of a social product.

19. (a) Describe the key factors that influence the positioning of a social product and How do these factors differ from those influencing positioning in commercial marketing?

Or

- (b) Explain the implications of government regulations and policies on social marketing strategies with examples.
20. (a) Define action and service in the context of social marketing and Discuss their significance in achieving social change and community engagement.

Or

- (b) Describe the process of identifying and analyzing influence groups in the context of social marketing.
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C-5360

Sub. Code

70625

M.Sc. DEGREE EXAMINATION, APRIL 2025.

Second Semester

Counselling and Psychotherapy

THEORIES AND SKILL OF COUNSELLING

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Section A

(10 × 1 = 10)

Answer **all** questions.

1. What is a primary focus of counselling compared to psychotherapy?
 - (a) Addressing severe mental illnesses
 - (b) Facilitating personal growth and problem-solving
 - (c) Conducting medical assessments
 - (d) Implementing behavioral interventions
2. Which principle ensures the counsellor maintains the clients privacy and trust?
 - (a) Confidentiality (b) Autonomy
 - (c) Non-maleficence (d) Justice
3. Who is associated with the development of the Client-centered Model?
 - (a) Sigmund Freud (b) F. Skinner
 - (c) Carl Rogers (d) Aaron Beck

4. Which counselling model emphasizes understanding and modifying distorted thinking patterns?
 - (a) Psychoanalytic Model
 - (b) Cognitive-behavioral Model
 - (c) Eclectic Model
 - (d) Client-centered Model
5. What is a major benefit of cultural sensitivity in counselling?
 - (a) Standardizing treatment approaches
 - (b) Simplifying the diagnostic process
 - (c) Reducing the need for follow-up sessions
 - (d) Enhancing client engagement and trust
6. In what context is the Barefoot Counsellor Model primarily utilized?
 - (a) Corporate settings
 - (b) Urban clinics
 - (c) Rural communities
 - (d) Academic institutions
7. Which skill is essential for establishing a strong therapeutic alliance with clients?
 - (a) Confrontation
 - (b) Immediacy
 - (c) Empathy
 - (d) Self-disclosure

8. What does the ethical principle of “non-maleficence” ensure in counselling?
- (a) Doing no harm to the client
 - (b) Providing accurate information
 - (c) Maintaining client confidentiality
 - (d) Promoting social justice
9. What is the primary purpose of using the Log Model in counselling record-keeping?
- (a) To record every word spoken during a session
 - (b) To provide a detailed analysis of client behavior
 - (c) To summarize key points and actions from sessions
 - (d) To assess the counsellors performance
10. What is a key benefit of counsellor supervision?
- (a) Increasing client session frequency
 - (b) Reducing the need for client feedback
 - (c) Simplifying the counselling process
 - (d) Ensuring adherence to ethical standards

Section B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) How do the roles of a counsellor and a psychotherapist differ in practice?

Or

- (b) What are the main objectives of counselling?

12. (a) What are the core principles of Carl Rogers' Client-centered Model?

Or

- (b) How does the Eclectic Model differ from other counselling models?

13. (a) Why is cultural sensitivity crucial in a multicultural counselling context?

Or

- (b) What are some challenges faced by counsellors working in rural areas of India?

14. (a) What is the difference between basic empathy and advanced empathy in counselling?

Or

- (b) Why is self-care important for counsellors and what are some common self-care practices?

15. (a) How does the Verbatim Model aid in counselling practice?

Or

- (b) What are the primary benefits of mentoring in counselling and psychotherapy?

Section C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Discuss the evolution of counselling as a profession. How have societal changes influenced its development and practice?

Or

- (b) Analyze the importance of ethical principles in counselling. How do these principles safeguard the client's welfare and enhance the counselling relationship?

17. (a) Compare and contrast the Psychoanalytic Model and the Cognitive-behavioral Model of counselling. How do their approaches to treatment differ?

Or

- (b) Evaluate the effectiveness of the Eclectic Model in counselling. What are its strengths and potential drawbacks?
18. (a) Discuss the role of cultural competence in counselling. How can counsellors develop and apply cultural competence in their practice?

Or

- (b) Examine the unique mental health needs of urban versus rural populations in India. How should counselling approaches be adapted to meet these needs?
19. (a) Explore the ethical dilemmas that counsellors might face in practice. How should counsellors address these dilemmas to maintain professional integrity?

Or

- (b) Analyze the role of empathy in the counselling process. How does empathy enhance the therapeutic relationship and client outcomes?

20. (a) Evaluate the importance of maintaining accurate and confidential records in counselling. How do record-keeping practices impact client care and legal compliance?

Or

- (b) Discuss the role of supervision in fostering continuous professional development for counsellors. How does supervision contribute to the counsellors effectiveness and ethical practice?
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C-5361

Sub. Code

70626

M.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

Counselling and Psychotherapy

SCHOOLS OF PSYCHOTHERAPIES – I

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The role of supervision in the training of psychotherapist is _____.
 - (a) to provide administrative support
 - (b) to evaluate financial aspects of therapy
 - (c) to offer guidance and feed back
 - (d) to handle the marketing of therapy practice
2. _____ is the personal character of the therapist, that is crucial for establishing trust and rapport with clients.
 - (a) Empathy
 - (b) Extroversion
 - (c) Technical knowledge
 - (d) Assertiveness

3. The therapeutic techniques which involves the therapist guiding the client to explore their immediate feelings and reactions in the present moment is _____.
- (a) behavioural rehearsal
 - (b) empty chain technique
 - (c) thought stopping
 - (d) progressive muscle relaxation
4. The purpose of virtual reality device used in psychotherapy is _____.
- (a) to measure heart rate variability
 - (b) to induce relaxation through visual auditing stimuli
 - (c) to administer cognitive tests
 - (d) to perform neuro feed back training
5. _____ neo Freudian concept refers to the tendency of individuals to strive for superiority and compensate for perceived weakness.
- (a) Basic anxiety
 - (b) Individualisation
 - (c) Inferiority complex
 - (d) Archetypes
6. According to Carl Rogers, Personal growth occurs, when individuals
- (a) suppress their emotions
 - (b) strive for perfection
 - (c) experience unconditional positive regard
 - (d) follow strict behavioural guidelines

7. _____ is the key technique used in cognitive therapy.
- (a) Systematic desensitisation
 - (b) Cognitive restructuring
 - (c) Token economy
 - (d) Flooding
8. The primary focus of behavioural therapy is _____.
- (a) Changing thought patterns
 - (b) Analysing dreams
 - (c) Modifying behaviour
 - (d) Exploring childhood experiences
9. The goal of Acceptance and Commitment Therapy (ACT) is primarily to
- (a) Eliminate all negative emotions
 - (b) Challenge and change irrational beliefs
 - (c) Increase psychological flexibility
 - (d) Explore unconscious conflicts
10. The core process in ACT include _____.
- (a) Avoidance and distraction
 - (b) Mindfulness acceptance and commitment
 - (c) Cognitive restructuring and exposure therapy
 - (d) Assertiveness training and role playing

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the current status of psychotherapy.

Or

- (b) Discuss the characteristics of therapist.

12. (a) Discuss the responsibilities of a psychotherapist towards their clients.

Or

- (b) Describe about the psychotherapeutic devices.

13. (a) Explain Gestalt therapy.

Or

- (b) Discuss the humanistic approaches in psychoanalytic therapy.

14. (a) Explain the problem solving techniques in cognitive behaviour therapy.

Or

- (b) Explain Beck's model.

15. (a) Discuss briefly about acceptance and commitment therapy triflex.

Or

- (b) Describe the functions of comprehensive DBT.

Part C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Discuss the goals of psychotherapy and explain the professional issues in psychotherapy.

Or

- (b) Evaluate the role of psychotherapy in addressing mental health stigma in Indian society.
17. (a) Define catharsis in the context of psychotherapy and its significance in emotional healing.

Or

- (b) Discuss the following :
- (i) Psychotherapy and counselling
 - (ii) Psychotherapy and culture
 - (iii) Psychotherapy and social case work
 - (iv) Psychotherapy and values.
18. (a) Explain any three common techniques used in brief dynamic therapy.

Or

- (b) Discuss the indications in psychoanalytic therapy for the patients suffering from personality disorder.
19. (a) Discuss rational emotive therapy by Ellis.

Or

- (b) What is cognitive restructuring? Explain Meichenbaum's self instructional training.

20. (a) Explain the aim of ACT and therapeutic relationships in ACT.

Or

- (b) Discuss the stages in DBT and explain dialectical philosophy.
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C-5362

Sub. Code

70634

M.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

Counselling and Psychotherapy

SCHOOLS OF PSYCHOTHERAPIES – II

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. _____ is the common outcome that the couples aim for in therapy.
 - (a) Immediate resolution of all conflicts
 - (b) Increased understanding and empathy
 - (c) Avoidance of emotional topics
 - (d) Assigning blame to one partner
2. The common challenge that the couples face in therapy is _____.
 - (a) Avoiding difficult conversation
 - (b) Blaming external factors
 - (c) Strengthening emotional intimacy
 - (d) Ignoring post conflicts

3. _____ therapy approach involved examining family interaction and patterns identification issues.
- (a) Cognitive behavioural therapy
 - (b) Structural family therapy
 - (c) Psychoanalytic therapy
 - (d) Existential therapy
4. In family therapy, which of the following is a primary focus.
- (a) Individual blame
 - (b) Strengthening family communication and dynamics
 - (c) Avoiding discussions about past conflict
 - (d) Promoting competition among family members
5. _____ is the common benefit of group therapy.
- (a) Maintaining confidentiality
 - (b) Focusing solely on undivided problems
 - (c) Receiving immediate solution to personal issues
 - (d) Gaining support and perspectives from peers
6. _____ therapeutic approach is commonly used in group therapy settings.
- (a) Psychodynamics therapy
 - (b) Animal-assisted therapy
 - (c) Homeopathy
 - (d) Acupuncture

7. In Postmodern therapy, “Externalizing the problem,” means _____.
- (a) Interdicting the personal responsibility
 - (b) Identifying the problem as separate from the individual
 - (c) Ignoring the problems temporary
 - (d) Exaggerating the problems significance
8. _____ postmodern therapy emphasizes the importance of language and meaning making.
- (a) Gestalt therapy
 - (b) Narrative therapy
 - (c) Cognitive behaviour therapy
 - (d) Psychodynamic therapy
9. Mindfulness is rooted in which tradition?
- (a) Western psychological therapy
 - (b) Ancient Greek philosophy
 - (c) Buddhist meditation practices
 - (d) Roman stock philosophy
10. _____ is the fundamental principle of mindfulness.
- (a) Ignoring the present moment
 - (b) Judging expresses
 - (c) Cultivating non-judgemental awareness
 - (d) Planning for future constantly

Part B

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Discuss the effective strategies for rebuilding trust between partners.

Or

- (b) Describe Goltsman's seven principles.

12. (a) Examine the ethical challenges related to dual relationship in family therapy.

Or

- (b) Discuss the ethical considerations involved in maintaining confidentiality when working with families in counselling.

13. (a) Discuss the challenges in selecting client for group therapy when dealing with stigmatised condition.

Or

- (b) How can a therapist help clients to set realistic goals in their participation in the group?

14. (a) Discuss about solution focussed brief therapy.

Or

- (b) Explain the process and techniques in post modern therapies.

15. (a) Discuss the importance of Mindfulness.

Or

- (b) Evaluate the use of mindfulness and the challenges in incorporating in a group therapy context.

Part C

(5 × 8 = 40)

Answer **all** questions choosing either (a) or (b).

16. (a) Discuss the importance of identifying communication pattern's is assessing relationship problems during couple therapy.

Or

- (b) Explain the various techniques in couples therapy.

17. (a) Discuss the essential skills required for a family therapist.

Or

- (b) Explain the theoretical framework in family therapy and its importance in guiding therapeutic practices.

18. (a) Describe the core principles of family therapy approach in group therapy.

Or

- (b) Discuss the need for group therapy and the benefits of group therapy.

19. (a) Discuss the role and effectiveness of EMDR as a postmodern therapy techniques for treating trauma.

Or

- (b) Describe the central idea of Narrative therapy and how does it view individual's life as stores.
20. (a) Explain any five mindfulness techniques and discuss each can contribute in reducing stress and in improving over all well being.

Or

- (b) Elaborate the process of mindfulness and discuss the application of mindfulness.
-

C-5364

Sub. Code

70635

M.Sc. DEGREE EXAMINATION, APRIL 2025.

Third Semester

Counselling and Psychology

**MODERN TRENDS AND TECHNIQUE IN
COUNSELLING**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Section A

(10 × 1 = 10)

Answer **all** questions.

1. What concept in self-psychology refers to the internal representation of important people in one's life?
 - (a) Self-object
 - (b) Self-esteem
 - (c) Superego
 - (d) Self-efficacy
2. Which technique is central to self-psychology therapy?
 - (a) Free association
 - (b) Empathic attunement
 - (c) Behavioral reinforcement
 - (d) Cognitive restructuring
3. Which population is expressive art therapy especially beneficial for?
 - (a) Engineers
 - (b) Artists
 - (c) Individuals with trauma
 - (d) Athletes

4. What is the main focus of the American Art Therapy Association?
 - (a) To create art exhibitions
 - (b) To promote art therapy as a regulated profession
 - (c) To fund art schools
 - (d) To publish art critique journals
5. Which therapeutic modality uses improvisation and role-play to explore clients' experiences?
 - (a) Art therapy (b) Drama therapy
 - (c) Music therapy (d) Dance therapy
6. In narrative therapy, what term describes a story that opens up new- possibilities for the client?
 - (a) Dominant story (b) Thin description
 - (c) Alternative story (d) Thick description
7. Which of the following is a primary component of the psycho-educational model?
 - (a) Psychodynamic analysis
 - (b) Behavioral assessment
 - (c) Cognitive dissonance
 - (d) Dream interpretation
8. Who is not considered a leader in modern psycho-education?
 - (a) William Morse (b) Larry Brendtro
 - (c) B.F. Skinner (d) Nicholas Long
9. What term describes the study of human strengths and virtues in positive psychology?
 - (a) Positive reinforcement
 - (b) Humanistic psychology
 - (c) Positive psychology
 - (d) Behavioral psychology

10. Who is a prominent figure in the development of positive psychology?
- (a) Sigmund Freud
 - (b) Carl Rogers
 - (c) Martin Seligman
 - (d) Erik Erikson

Section B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) What is the significance of the concept of mirroring in self-psychology?

Or

- (b) How does self-psychology address narcissistic personality disorder?

12. (a) How can expressive art therapy benefit children with developmental disorder?

Or

- (b) What are the key differences between art therapy and music therapy?

13. (a) What is the goal of psychodrama in therapy?

Or

- (b) How does poetry therapy help individual process emotions?

14. (a) What strategies might a psycho-educational leader use to support students with ADHD?

Or

- (b) How can psycho-educational interventions promote social-emotional learning?

15. (a) How does the concept of resilience contribute to positive psychology?

Or

- (b) What is the role of gratitude exercises in promoting well-being?

Section C

(5 × 8 = 40)

Answer **all** questions, choosing either (a) or (b).

16. (a) Analyze the role of transference and countertransference in self-psychology. How do these concepts facilitate the therapeutic process?

Or

- (b) Discuss the limitations and criticisms of self-psychology. How do these impact its application in clinical practice?

17. (a) Evaluate the effectiveness of expressive art therapy for individuals with PTSD. Include relevant case studies and research findings.

Or

- (b) Compare the approaches of expressive art therapy and cognitive-behavioral therapy in treating depression. Discuss the strengths and limitations of each method.

18. (a) Discuss the role of music therapy in addressing mental health issues. Provide examples of techniques and their therapeutic outcomes.

Or

- (b) Compare and contrast the therapeutic goals and methods of dance therapy and movie therapy. How do these modalities cater to different client needs?

19. (a) Analyze the impact of psycho-educational interventions on students with learning disabilities. Discuss specific programs and their outcomes.

Or

- (b) Explore the role of family involvement in psycho-educational programs. How does this involvement contribute to the success of the interventions?

20. (a) Explore the role of family involvement in psycho-educational programs. How does this involvement contribute to the success of the interventions?

Or

- (b) Evaluate the application of positive psychology principles in workplace settings. How can organizations foster a positive work environment to enhance employee well-being and productivity?