

C-7015

Sub. Code

**70611/70711/
70811/70911**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

First Semester

FUNDAMENTALS OF PSYCHOLOGY

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The theory of “nature versus nurture” deals with:
 - (a) The debate on whether mental illness is caused by biological or environmental factors
 - (b) The influence of social behavior on mental illness
 - (c) The importance of self-actualization versus social approval
 - (d) Whether intelligence is inherited or shaped by life experiences
2. The basic unit of the nervous system is the:
 - (a) Nephron
 - (b) Neuron
 - (c) Axon
 - (d) Synapse
3. The ability to focus on one conversation while ignoring other background noises is known as:
 - (a) Selective attention
 - (b) Change blindness
 - (c) Sustained attention
 - (d) Divided attention

4. Which type of memory has the shortest duration?
- (a) Short-term memory
 - (b) Long-term memory
 - (c) Sensory memory
 - (d) Working memory
5. Which type of thinking is essential for creative problem solving?
- (a) Convergent thinking
 - (b) Algorithmic thinking
 - (c) Divergent thinking
 - (d) Deductive reasoning
6. Which psychologist proposed the theory of multiple intelligences?
- (a) Charles Spearman
 - (b) Howard Gardner
 - (c) Robert Sternberg
 - (d) Alfred Binet
7. Which part of the brain is primarily responsible for processing emotions, especially fear?
- (a) Amygdala
 - (b) Hippocampus
 - (c) Cerebellum
 - (d) Thalamus
8. Which of the following is an example of extrinsic motivation?
- (a) Reading a book for pleasure
 - (b) Studying to earn a good grade
 - (c) Playing an Instrument because you enjoy it
 - (d) Engaging in a hobby for personal fulfillment

15. (a) How does personality influence relationships and social interactions? Elaborate.

Or

- (b) Describe Albert Bandura's social learning theory of personality.

Part C

(5 × 8 = 40)

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

16. (a) How does psychology contribute to understanding human behavior? Describe.

Or

- (b) Explain the main branches of psychology.

17. (a) Suggest diverse strategies to improve memory.

Or

- (b) How do expectations and prior experiences influence perception? Illustrate.

18. (a) How do learning theories apply to classroom education? Explain with examples.

Or

- (b) Explain trial and error learning with educational implications.

19. (a) Give an elaborate account of instinct theory.

Or

- (b) Illustrate Maslow's theory of motivation with examples.

20. (a) Bring out the strengths and criticisms of personality type theories?

Or

- (b) Suggest some practical strategies to promote prosocial behavior among young people.

C-7016

Sub. Code

70612/70712/70812/70912

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

First Semester

Psychology

COGNITIVE PSYCHOLOGY

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which cognitive process is responsible for organizing and interpreting sensory information?
 - (a) Sensation
 - (b) Perception
 - (c) Attention
 - (d) Memory

2. Which intelligence test was developed first?
 - (a) Stanford-Binet Intelligence Test
 - (b) Wechsler Intelligence Scale
 - (c) Raven's Progressive Matrices
 - (d) Kaufman Assessment Battery

3. Which type of attention involves focusing on a single stimulus while ignoring others?
- (a) Divided attention
 - (b) Selective attention
 - (c) Sustained attention
 - (d) Alternating attention
4. Which sensory organ is responsible for receiving visual stimuli?
- (a) Cochlea
 - (b) Retina
 - (c) Olfactory bulb
 - (d) Somatosensory cortex
5. Which type of memory is responsible for storing general knowledge and facts?
- (a) Procedural memory
 - (b) Episodic memory
 - (c) Semantic memory
 - (d) Sensory memory
6. The smallest unit of meaning in a language is called a :
- (a) Phoneme
 - (b) Morpheme
 - (c) Syntax
 - (d) Lexicon
7. The insight learning approach to problem-solving is associated with :
- (a) B.F. Skinner
 - (b) Jean Piaget
 - (c) Wolfgang Köhler
 - (d) Noam Chomsky

8. Convergent thinking involves :
- (a) Finding multiple solutions to a problem
 - (b) Narrowing down multiple ideas to find the best one
 - (c) Brainstorming without restrictions
 - (d) Using intuition instead of logic
9. Deductive reasoning moves from :
- (a) Specific observations to general principles
 - (b) General principles to specific conclusions
 - (c) Random guessing to logical conclusions
 - (d) Trial and error to final solutions
10. The overconfidence bias occurs when individuals :
- (a) Underestimate their own decision-making abilities
 - (b) Believe their judgments are more accurate than they actually are
 - (c) Make choices without any consideration of risks
 - (d) Avoid making decisions altogether

Part B

(5 × 5 = 25)

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

11. (a) Explain the concept of Machine Learning (ML) in AI. How does it differ from traditional rule-based programming?

Or

- (b) Define Emotional Intelligence (EI) and discuss its significance in personal and professional life.

12. (a) Explain the Gestalt approach to perception and discuss its key principles. How do these principles influence the way we perceive the world?

Or

- (b) Define attention and discuss its role in cognitive processing. Why is attention essential for perception, learning, and memory?
13. (a) Explain the different types of memory systems: sensory memory, short-term memory, and long-term memory.

Or

- (b) Discuss the role of syntax, semantics, and pragmatics in language comprehension.
14. (a) How does the expertise of a person impact their problem-solving ability?

Or

- (b) Discuss the role of cognitive processes in creativity. How do memory, attention, and perception influence creative thinking?
15. (a) Explain the concept of reasoning in groups. How does group reasoning differ from individual reasoning?

Or

- (b) Define decision-making and discuss the different stages involved in making decisions.

Part C

(5 × 8 = 40)

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

16. (a) Explain the core principles of evolutionary psychology. How do evolutionary theorists explain the development of cognitive abilities?

Or

- (b) Discuss the advantages and challenges of deep learning compared to traditional machine learning techniques.
17. (a) Discuss the role of Gestalt principles in problem-solving and creativity. How does perceptual organization influence cognitive processing?

Or

- (b) How does subliminal perception relate to implicit learning and unconscious cognition? Explain.
18. (a) Discuss the differences between sensory memory, short-term memory (STM), and long-term memory (LTM). Provide examples of each.

Or

- (b) What are the main theories of language comprehension? Compare bottom-up and top-down processing models.

19. (a) Explain the difference between convergent and divergent problems. How do they relate to creative problem-solving?

Or

- (b) How does intelligence relate to creativity? Can someone be highly intelligent but not creative?
20. (a) What are the strengths and weaknesses of inductive reasoning? Why is it sometimes unreliable? Explain.

Or

- (b) What are the key phases of the decision-making process? Discuss each phase with examples.
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C-7017

Sub. Code

**70613/70713/
70813/70913**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

First Semester

THEORIES OF PERSONALITY

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which determinant of personality is primarily associated with genetic inheritance?
(a) Environment (b) Heredity
(c) Social Learning (d) Culture
2. Which projective test involves interpreting inkblots?
(a) Thematic Apperception Test (TAT)
(b) Rorschach Inkblot Test
(c) Sentence Completion Test
(d) MMPI
3. The superego is primarily associated with:
(a) Morality and conscience
(b) Immediate gratification
(c) Logical thinking
(d) Instinctual drives

4. The “persona” archetype in Jung’s theory represents:
- (a) The true self
 - (b) The public image or social mask a person wears
 - (c) The unconscious mind
 - (d) The fear of death
5. According to Erich Fromm, which of the following is the primary human motivation?
- (a) Pleasure-seeking
 - (b) Striving for superiority
 - (c) The need to overcome feelings of loneliness and isolation
 - (d) Seeking power and control
6. Harry Stack Sullivan’s interpersonal theory emphasizes the role of :
- (a) Biological instincts in shaping personality
 - (b) Social relationships and interactions in personality development
 - (c) Unconscious drives in determining behavior
 - (d) Genetic factors in personality formation
7. Which of the following is NOT a concept in Rollo May’s existential theory?
- (a) Freedom
 - (b) Responsibility
 - (c) Reinforcement
 - (d) Anxiety
8. What type of traits did Cattell believe were fundamental and shaped surface traits?
- (a) Common traits
 - (b) Central traits
 - (c) Source traits
 - (d) Cardinal traits

9. According to Bandura's social learning theory, behavior is learned primarily through:
- (a) Classical conditioning
 - (b) Operant conditioning
 - (c) Observational learning and modelling
 - (d) Genetic inheritance
10. George Kelly's theory of personality is known as:
- (a) Social Learning Theory
 - (b) Humanistic Psychology
 - (c) Personal Construct Theory
 - (d) Psychoanalytic Theory

Part B

(5 × 5 = 25)

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

11. (a) Examine the role of nature and nurture in shaping personality. Which do you think plays a more significant role?

Or

- (b) Discuss Carl Jung's concepts of introversion and extraversion. How do these personality types influence an individual's behavior and interactions?.

12. (a) Explain Freud's psychosexual stages of development. How do early childhood experiences influence adult personality, according to this theory?

Or

- (b) Discuss Alfred Adler's theory of individual psychology. How do concepts like inferiority complex, striving for superiority, and birth order shape personality?

13. (a) Define the interpersonal approach to personality. How does it differ from traditional psychoanalytic and trait-based theories of personality?

Or

- (b) Sullivan emphasized the role of anxiety in interpersonal relationships. How does his theory explain the origins of anxiety, and how does it influence personality?
14. (a) Define the existential approach to personality. How does it differ from psychoanalytic, behavioral, and trait theories?

Or

- (b) What are the strengths and limitations of using trait theories to explain personality? Provide examples from real-life situations.
15. (a) Discuss the role of reinforcement and punishment in social learning theory. How do these concepts shape personality development?

Or

- (b) Discuss George Kelly's Personal Construct Theory. How do individuals use personal constructs to interpret the world and shape their personality?

Part C

(5 × 8 = 40)

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

16. (a) Define situational tests and discuss their role in personality assessment. How do they differ from traditional personality tests like self-report inventories and projective tests?

Or

- (b) Compare and contrast the psychoanalytic theory of personality with the trait theory. How do they explain personality development differently?
17. (a) Define anxiety and explain the different types of anxiety (realistic, neurotic, and moral) according to Freud's psychoanalytic theory. How does anxiety influence personality and behavior?

Or

- (b) How do defense mechanisms help individuals cope with anxiety? Discuss the role of repression, denial, and projection in protecting the ego.
18. (a) How does the existentialist idea of authenticity compare to the trait theory's emphasis on consistent personality characteristics? Explain.

Or

- (b) How does the trait approach explain personality development over a lifetime? Discuss genetic influences, stability and changes in personality traits.

19. (a) Discuss different psychological perspectives on the nature of human beings. How do psychoanalytic, humanistic, cognitive and behavioral theories explain human nature?

Or

- (b) What is meant by the “structure of personality”? Discuss different theoretical perspectives on the components of personality.
20. (a) Critically evaluate Bandura’s contributions to psychology. What are the strengths and limitations of the social learning approach?

Or

- (b) How can social learning theory be applied in educational and therapeutic settings to modify behavior?
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C-7018

Sub. Code

**70614/70714/
70814/70914**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

First Semester

DEVELOPMENT PSYCHOLOGY

**(Common for all M.Sc. Psychology (Specialisation
Courses))**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Where does fertilization typically occur in the female reproductive system?
 - (a) Uterus
 - (b) Fallopian tube
 - (c) Cervix
 - (d) Ovary

2. Which method of childbirth involves labor and delivery in a pool of warm water?
 - (a) Natural birth
 - (b) Water birth
 - (c) Vacuum-assisted birth
 - (d) Breech birth

3. Which key cognitive ability develops during the sensorimotor stage?
 - (a) Conservation
 - (b) Object permanence
 - (c) Hypothetical reasoning
 - (d) Egocentrism

4. According to Social Learning Theory, learning occurs through:
 - (a) Classical conditioning
 - (b) Operant conditioning
 - (c) Observation and imitation
 - (d) Trial and error

5. Which of the following influences self-concept the most during adolescence?
 - (a) Parental expectations
 - (b) Peer relationships
 - (c) Genetic factors
 - (d) Cultural background

6. Which gland is primarily responsible for triggering puberty?
 - (a) Thyroid gland
 - (b) Pituitary gland
 - (c) Adrenal gland
 - (d) Pancreas

7. Which motor skill is typically developed during early childhood?
- (a) Running and jumping
 - (b) Writing in cursive
 - (c) Riding a bicycle without training wheels
 - (d) Typing on a keyboard
8. Which hormone plays a major role in sexual development in males?
- (a) Estrogen
 - (b) Testosterone
 - (c) Progesterone
 - (d) Oxytocin
9. Which of the following is a common physical change in late adulthood?
- (a) Increased muscle mass
 - (b) Decreased bone density
 - (c) Increased flexibility
 - (d) Faster metabolism
10. Which type of care focuses on providing comfort rather than curing illness for terminally ill patients?
- (a) Preventive care
 - (b) Hospice care
 - (c) Emergency care
 - (d) Primary care

Part B

(5 × 5 = 25)

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

11. (a) Compare and contrast natural fertilization with assisted reproductive technologies such as IVF.

Or

- (b) Explain the importance of neonatal care immediately after birth and how it impacts infant survival and health.

12. (a) Discuss the role of parents, teachers, and peers in fostering industry or inferiority in children.

Or

- (b) How do empathy and emotions contribute to moral decision-making? Explain.

13. (a) How does self-concept develop across childhood and adolescence, according to different psychological theories?

Or

- (b) What role do defense mechanisms play in personality development during Freud's latency stage?

14. (a) How can emotional intelligence be developed and improved throughout the lifespan?

Or

- (b) How do cultural and societal expectations influence identity and self-concept in middle adulthood?

15. (a) What are the major physical changes that occur in late adulthood, and how do they impact daily functioning?

Or

- (b) Discuss the impact of technology on cognitive engagement and social connection among older adults.

Part C

(5 × 8 = 40)

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

16. (a) How does low birth weight impact cognitive and social development in early childhood?

Or

- (b) What are the neurological and muscular factors that contribute to motor development?

17. (a) How do sensory and motor experiences shape cognitive development in infancy according to Piaget?

Or

- (b) How does social learning theory apply to modern education and parenting?

18. (a) Explain the role of family and peer relationships in social development.

Or

- (b) How does emotional intelligence influence social relationships and mental well-being?

19. (a) What is the role of language in cognitive development during early childhood?

Or

(b) Discuss the impact of media and technology on early childhood psychosocial development.

20. (a) What are the key principles of palliative care, and how do they improve the quality of life for terminally ill patients?

Or

(b) How does a terminal diagnosis affect an individual's mental health, and what support systems can help?

C-7019

Sub. Code

**70616/70716/
70816/70916**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

First Semester

HEALTH PSYCHOLOGY

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which of these things is health psychology concerned with?
 - (a) What causes illness
 - (b) Who is responsible for illness
 - (c) How should illness be treated
 - (d) All of the above

2. Which of these is not an element of the health belief model?
 - (a) Threat
 - (b) Expectations
 - (c) Cure
 - (d) Socio-demographic factors

3. _____ is a physical response.
 - (a) Habit
 - (b) Emotions
 - (c) Feelings
 - (d) Thinking

4. _____ is a problem focussed coping method.
- (a) Dental (b) Venting emotions
(c) Acceptance (d) Turning to religion
5. Any event or circumstance that strains or exceeds an individual ability to deal with a problem.
- (a) Stress (b) Stressor
(c) Coping (d) Tension
6. Situations and Pressure that cause stress are known as _____?
- (a) Stressor (b) Trauma
(c) Tension (d) Anxiety
7. The assessment of pain should include _____
- (a) Quality of the pain, the impact it is having and what they feel about their pain
(b) The site of the pain, when it starts and the severity
(c) Aggravating or alleviating factors and what they have done in the past to relieve pain
(d) All of these
8. Effective management of pain includes _____.
- (a) Medication and management of side effects
(b) Non-medical interventions
(c) Timeliness of medication administration
(d) All of these
9. Which of the following guidelines must be adhered to in treating a child suffering from chronic illness?
- (a) The child must not be exposed to isolating and terrifying procedures to treat their condition
(b) Encouraging the child to believe that the chronic illness is a punishment for bad behaviour
(c) Making the child's family participation in the illness and treatment process mandatory
(d) The child must not be informed about the illness as it may lead to distress

10. Kubler-Ross's 5 stages of grief
- (a) Denial, Anger, Bargaining, depression and acceptance
 - (b) Denial, Bargaining, Anger, Depression and Acceptance
 - (c) Denial, Anger, Depression, Bargaining and Acceptance
 - (d) Anger, Denial, Depression, Bargaining and Acceptance

Part B

(5 × 5 = 25)

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

11. (a) Define Health psychology. Describe its characteristics.

Or

- (b) Elucidate the relationship of mind and body in health.

12. (a) Narrate the different types of health behaviour.

Or

- (b) Illustrate the factors predicting health behaviour.

13. (a) Explain the perceived effect of stress.

Or

- (b) Discuss the basic sources of stress.

14. (a) Summarize the issues in pain management.

Or

- (b) Describe the measuring strategies for pain management.

15. (a) Explain the issues in chronic health disorders.

Or

- (b) Highlight the different stages of chronic illness.

Part C

(5 × 8 = 40)

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

16. (a) Describe the different models of health psychology.

Or

- (b) Explain major areas of research and applications in health psychology.

17. (a) Elucidate the barriers towards the practice of healthy behaviours among patients.

Or

- (b) Narrate the models and theories of health behaviour.

18. (a) Summarize the theoretical framework of stress management.

Or

- (b) Illustrate the coping strategies and stress management intervention.

19. (a) Describe the psychological pain management techniques.

Or

- (b) Highlight the placebo effect in psychology.

20. (a) Describe the psychological intervention for chronic health disorders.

Or

- (b) Discuss Kulber Ross stages of dying and subsequent models of Grief.

C-7020

Sub. Code

**70621/70721/
70821/70921**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025.

Second Semester

APPLIED SOCIAL PSYCHOLOGY

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the primary focus of applied social psychology?
 - (a) Understanding individual behavior in isolation
 - (b) Investigating social phenomena in controlled laboratory settings
 - (c) Applying psychological principles to address real-world social issues
 - (d) By studying individual personality traits

2. Which of the following is a characteristic of group think?
 - (a) Encouraging diverse opinions
 - (b) Rigorous evaluation of alternatives
 - (c) Suppression of dissenting viewpoints
 - (d) Emphasis on critical thinking

3. What is social cognition?
 - (a) The study of how people think about themselves
 - (b) The study of physical responses to social optimal
 - (c) The analysis of economic behavior
 - (d) The exploration of historical events

4. What is the primary focuses of sociometry?
 - (a) Measuring individual intelligence
 - (b) Analyzing social relationships and group dynamics
 - (c) Evaluating cognitive development
 - (d) Assessing emotional intelligence

5. Which term refers to the belief in one's ability to perform a task successfully?
 - (a) Self-esteem
 - (b) Self-efficacy
 - (c) Self-concept
 - (d) Self-actualization

6. What is prejudice?
 - (a) A behavior intended to help others
 - (b) A preconceived opinion not based on reason or experience
 - (c) A scientific method for measuring social relationships
 - (d) A physical reaction to stress

7. In social psychology, what is the primary goal of applied research?
 - (a) To develop new theories
 - (b) To apply psychological principles to solve real-world problems
 - (c) To conduct laboratory experiments
 - (d) To study historical behaviors

8. Which concept involves adjusting one's behaviour of thinking to align with a group standard?
 - (a) Obedience
 - (b) Conformity
 - (c) Independence
 - (d) Innovation

9. Bandura's Bobo doll experiment demonstrated which concept related to aggression?
- (a) Frustration – aggression hypothesis
 - (b) Social learning theory
 - (c) Innate aggression
 - (d) Cognitive dissonance
10. What is discrimination?
- (a) Holding biased beliefs about a group
 - (b) Taking action based on prejudice against a group
 - (c) Experiencing stress in social situation
 - (d) Understanding and accepting differences

Part B

(5 × 5 = 25)

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

11. (a) Explain the concept of social cognition and its importance in understanding human behavior.

Or

- (b) Analyse the role of social identity theory in the development and maintenance of prejudice.

12. (a) How can different leadership styles influence the innovative capabilities of an organization?

Or

- (b) Define social psychology and discuss its main focus areas.

13. (a) Define aggression and distinguish between its different types.

Or

- (b) Analyse the role of physical attractiveness in interpersonal attraction.

14. (a) Discuss the ethical consideration in social psychology research.
Or
(b) Define prejudice and discuss its components.
15. (a) Analyze the impact of attribution processes on social perception.
Or
(b) Discuss the development of social cognition across the life span.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the effects of social influence on attitudes and beliefs.
Or
(b) Explain the concept of compliance and the techniques used to elicit compliance from others.
17. (a) Describe the role of applied social psychologists.
Or
(b) Explain the concept of Impression formation and Impression management.
18. (a) Analyse Kellye's model of impression formation.
Or
(b) Explain the theories of group formation.
19. (a) What are the determinants of aggression? Explain.
Or
(b) Illustrate 'attitude change'.
20. (a) Explain the theories of Aggression.
Or
(b) How do cognitive, affective and behavioral components contribute to formation? Provide examples to illustrate their roles.

C-7021

Sub. Code

**70622/70722/
70822/70922**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Second Semester

NEUROPSYCHOLOGY

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which area of neuropsychology deals with diagnosing and treating cognitive changes due to neurological disorders?
 - (a) Cognitive Neuropsychology
 - (b) Clinical Neuropsychology
 - (c) Experimental Neuropsychology
 - (d) Developmental Neuropsychology

2. Which area of the brain did Carl Wernicke identify as being important for language comprehension?
 - (a) Broca's area
 - (b) Wernicke's area
 - (c) Hippocampus
 - (d) Amygdala

3. Which part of the neuron is responsible for transmitting electrical signals away from the cell body?
- (a) Dendrites
 - (b) Soma
 - (c) Axon
 - (d) Myelin sheath
4. At the synapse, neurotransmitters are released from which part of the neuron?
- (a) Dendrites
 - (b) Axon terminals
 - (c) Soma
 - (d) Axon hillock
5. Which of the following functions is primarily associated with the frontal lobe?
- (a) Visual processing
 - (b) Motor control and executive functions
 - (c) Auditory processing
 - (d) Sensory information integration
6. The primary visual cortex, also known as V1, is located in which lobe?
- (a) Frontal lobe
 - (b) Parietal lobe
 - (c) Temporal lobe
 - (d) Occipital lobe

7. Damage to which part of the occipital lobe is most commonly associated with visual hallucinations and distortions?
- (a) The primary visual cortex
 - (b) The fusiform gyrus
 - (c) The calcarine sulcus
 - (d) The prestriate cortex
8. What is the term for the inability to recognize or identify objects by touch, despite intact sensory functions?
- (a) Apraxia
 - (b) Agnosia
 - (c) Balint's Syndrome
 - (d) Hemianopia
9. Which test within the Wechsler Adult Intelligence Scale (WAIS) measures working memory?
- (a) Digit Span
 - (b) Block Design
 - (c) Vocabulary
 - (d) Similarities
10. What is the primary purpose of the Wechsler Adult Intelligence Scale (WAIS)?
- (a) To assess emotional stability
 - (b) To measure cognitive and intellectual abilities
 - (c) To evaluate personality traits
 - (d) To diagnose neurodegenerative diseases

Part B

(5 × 5 = 25)

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

11. (a) Define neuropsychology and discuss its primary goals.

Or

- (b) Analyze the scope of neuropsychology in research and clinical practice.

12. (a) Analyze how action potentials are transmitted across the synapse.

Or

- (b) Explore the structure of neurons.

13. (a) Explore the theory of frontal lobe functions.

Or

- (b) Explore the disorders of auditory.

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

Or

- (b) Discuss the common symptoms of lesions.

15. (a) Define neuropsychological assessment and discuss its primary purpose.

Or

- (b) Discuss the purpose of the PGI Battery of Brain Dysfunction.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the concept of lateralization of brain functions.

Or

- (b) Discuss the concept of single-cell in the brain imaging techniques.
17. (a) Define graded potentials and explain how they differ from action potentials.

Or

- (b) Reflect on the role of imaging techniques in visualizing graded potentials.
18. (a) Discuss the theory of sensory integration in relation to the parietal lobes.

Or

- (b) Describe the anatomical boundaries of the parietal lobes
19. (a) Explore the use of assistive technologies in managing visual and cortical pathway disorders.

Or

- (b) Explore the disorders of auditory and speech.

20. (a) Explain how the Luria-Nebraska Battery is structured. What are the main components and domains assessed by this battery, and how do these elements provide a comprehensive evaluation of cognitive function?

Or

- (b) Discuss the limitations of the WAIS. What are some potential challenges or limitations in using this test, and how might these affect the interpretation of results?
-

C-7022

Sub. Code

**70623/70723/
70823/70923**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Second Semester

PSYCHOMETRY

(Common for M.Sc. Psychology (Specialization Courses))

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Present a question or statement followed by several answer choices, where only one is correct.
 - (a) Multiple-Choice Questions (MCQs)
 - (b) True or False Questions
 - (c) Matching Questions
 - (d) Fill in the Blank Questions

2. Identify relationships between pairs of words?
 - (a) Analogies
 - (b) Brain structure only
 - (c) The relationship between brain function and behavior
 - (d) Emotional intelligence

3. Which word does not belong with the others?
 - (a) Apple
 - (b) Banana
 - (c) Carrot
 - (d) Orange

4. Identifying patterns or trends in a series of items or numbers and predicting the next item is called.
- (a) Sequences
 - (b) Analogies
 - (c) Odd-man-out
 - (d) Matching
5. Which scaling method is commonly used to convert raw scores into a standardized scale for comparison purposes?
- (a) Nominal Scaling
 - (b) Ordinal Scaling
 - (c) Standard Scores (Z-Scores)
 - (d) Ratio Scaling
6. Which of the following is a key characteristic of well-written objective test items?
- (a) Ambiguous wording
 - (b) Clear and precise language
 - (c) Overly complex questions
 - (d) Long answer choices
7. Which statistical measure is used to determine how well an objective test item differentiates between high and low scorers?
- (a) Item Difficulty Index
 - (b) Item-Total Correlation
 - (c) Discrimination Index
 - (d) Reliability Coefficient
8. Which type of reliability assesses the consistency of scores when the same test is administered on different occasions?
- (a) Inter-Rater Reliability
 - (b) Test-Retest Reliability
 - (c) Parallel-Forms Reliability
 - (d) Internal Consistency Reliability

9. Which method of assessing reliability involves splitting a test into two halves and comparing the scores from each half?
- (a) Test-Retest Method
 - (b) Split-Half Method
 - (c) Parallel-Forms Method
 - (d) Inter-Rater Method
10. What is the purpose of norms in psychological and educational testing?
- (a) To provide a standard for evaluating individual test performance
 - (b) To calculate the reliability of a test
 - (c) To ensure that all test-takers receive the same score
 - (d) To compare test results across different tests

Part B

(5 × 5 = 25)

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

11. (a) Examine the characteristics of standardized test.

Or

- (b) Describe the brief history of testing.

12. (a) Explain the significance of intelligence test.

Or

- (b) Write short note on resting potential.

13. (a) Explain the importance of item analysis.

Or

- (b) Write a note on “item difficulty”.

14. (a) Discuss the types of reliability.

Or

- (b) State the factors affecting reliability.

15. (a) How does the process of raw score transformation affect the perception of an individual's strengths and weaknesses?

Or

- (b) Explore the purpose of norms in test construction.

Part C

(5 × 8 = 40)

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

16. (a) Explain the representative scaling methods.

Or

- (b) Explore the classification of tests.

17. (a) Describe the items writing for intelligence tests.

Or

- (b) Explain the test items to explore the ability and attainment of an individual.

18. (a) Explain the important variables for item analysis.

Or

- (b) Describe the item response theory.

19. (a) Overview of the different types of reliability with examples.

Or

- (b) Standardization process of test-Explain.

20. (a) How does the process of transforming raw scores into standard scores impact the reliability and validity of the assessment results?

Or

- (b) How can normalization processes be designed to ensure fairness and equity across diverse demographic groups?

C-7023

Sub. Code
70627/70727/
70827/70927

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Second Semester

BEHAVIOUR MODIFICATION

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the first step in functional behavioural analysis?
 - (a) Implementing intervention strategies
 - (b) Observing and recording the target behaviour
 - (c) Defining the antecedents and consequences

2. Which recording method involves noting every instance of the target behaviour?
 - (a) Frequency recording
 - (b) Interval recording
 - (c) Duration recording

3. Which type of conditioning involves pairing a neutral stimulus with an unconditional stimulus until the neutral stimulus elicits the same response?
 - (a) Operant conditioning
 - (b) Observational conditioning
 - (c) Classical conditioning

4. What does stimulus generalization refer to?
 - (a) The ability to distinguish between different stimuli
 - (b) The tendency for a behaviour to occur in the presence of stimuli similar to the original stimulus
 - (c) The cessation of a behaviour

5. What is the main goal of fading in the context of prompting?
 - (a) To gradually reduce prompts until the behaviour occurs independently
 - (b) To increase dependency on prompts
 - (c) To introduce new prompts

6. Which chaining technique starts with the final step and works backwards?
 - (a) Forward chaining
 - (b) Total task presentation
 - (c) Backward chaining

7. What is a key characteristic of timeout as a punishment strategy?
 - (a) It involves physical punishment
 - (b) It involves removing access to positive reinforcement for a period of time.
 - (c) It reinforces the undesired behaviour

8. Which of the following is an example of response cost?
- (a) A student loses tokens they earned for good behaviour due to an infraction
 - (b) A child is given a time-out for misbehaving
 - (c) A worker receives praise for completing a task on time.
9. Which therapy focuses on changing thought patterns to influence behaviour?
- (a) Token economy
 - (b) Cognitive behaviour modification
 - (c) In vivo desensitization
10. What is a behavioural contract?
- (a) A written agreement outlining a specific behaviour change plan between two or more parties
 - (b) A verbal agreement to avoid certain behaviours
 - (c) A legal document for enforcing behaviour change.

Part B

(5 × 5 = 25)

Answer **all** questions, Choosing (a) or (b)

11. (a) Explain the logistics involved in recording target behaviour?

Or

- (b) Describe the characteristics of a good recording instrument for behaviour observation.

12. (a) Differentiate between positive and negative punishment with suitable example.

Or

- (b) Discuss the role of conditioned and unconditioned reinforcers in behaviour modification.

13. (a) Explain the components of Behavioural Skill Training and their roles in establishing new behaviours.

Or

- (b) Explain the process of transfer of stimulus control in the context of autism.

14. (a) Discuss the role of response cost in decreasing undesirable behaviour.

Or

- (b) Describe the process and purpose of using timeout as a punishment strategy.

15. (a) Compare and contrast in vivo desensitization and systematic desensitization.

Or

- (b) Discuss the concept and applications of cognitive behaviour modification.

Part C

(5 × 8 = 40)

Answer **all** questions, Choosing (a) or (b)

16. (a) Analyze the concept of reactivity in behaviour observation and suggest strategies to minimize its impact.

Or

- (b) Explain how defining target behaviour is crucial in behaviour modification and the factors that need to be considered during the process.

17. (a) Describe the process of stimulus generation and discrimination and their importance in learning and behaviour modification.

Or

- (b) Discuss the different schedules of reinforcement and their effects on behaviour, providing examples for each type.
18. (a) Discuss the components of behavioural Skill Training in depth, including how modelling, instructions, rehearsal, and feedback contribute to the learning and performance of new skills.

Or

- (b) Explain the process of task analysis and how it is used to break down complex behaviours into smaller, teachable units.
19. (a) Discuss the ethical considerations and potential effects of using punishment strategies such as timeout and response cost in behaviour modification.

Or

- (b) Describe the different types of differential reinforcement strategies (DRA, DEO, DRL) and discuss their applications and effectiveness in behaviour modification.

20. (a) Discuss the ethical considerations and effectiveness of aversive counter conditioning techniques.

Or

- (b) Explain the process of relaxing training and its role in behaviour modification, including examples of techniques used.
-

C-7024

Sub. Code

**70628/70728/
70828/70928**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Second Semester

COMMUNITY MENTAL HEALTH

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which term refers to the comprehensive approach to addressing health needs by considering physical, mental and social factors?
 - (a) Biomedical
 - (b) Holistic
 - (c) Pharmacological
 - (d) Technological
2. Which model integrates physical and mental health care to address overall health needs?
 - (a) Segregated care model
 - (b) Integrated care model
 - (c) Specialised care model
 - (d) Exclusive care model

3. What does the term “stigma” primarily refer to in the context of mental health?
 - (a) Economic disparity
 - (b) Social disapproval
 - (c) Physical illness
 - (d) Educational challenges

4. Which of the following is a benefit of using non-traditional interventions in the community?
 - (a) High cost
 - (b) Limited accessibility
 - (c) Increased community engagement
 - (d) Reduced participation

5. Which of the following is NOT a key component of implementation science frameworks?
 - (a) Fidelity
 - (b) Sustainability
 - (c) Randomization
 - (d) Adaptation

6. What does “implementation fidelity” refer to in the context of community interventions?
 - (a) The degree to which an intervention is delivered as intended
 - (b) The cost-effectiveness of an intervention
 - (c) The number of community members reached by an intervention
 - (d) The ethical consideration involved in implementing an intervention

7. Why is it important to consider cultural factors in community interventions for mental health?
- (a) To exclude diverse perspectives
 - (b) To ensure interventions are relevant and effective
 - (c) to increase costs of implementation
 - (d) To simplify the intervention process
8. Which strategy fosters meaningful stakeholder engagements in community interventions?
- (a) Limiting transparency in decision-making
 - (b) Providing minimal information to stakeholders
 - (c) Incorporating diverse perspectives in planning and implementation
 - (d) Avoiding collaboration with community leaders.
9. Which method is commonly used to evaluate the sustainability of community mental health interventions?
- (a) Logic model
 - (b) Cost-effectiveness analysis
 - (c) Longitudinal studies
 - (d) SWOT analysis
10. What is the purpose of developing a monitoring and evaluation plan for a community mental health intervention?
- (a) To secure funding from donors
 - (b) To track the implementation process and measure outcomes
 - (c) To create marketing materials
 - (d) To hire additional staff

Part B

(5 × 5 = 25)

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

11. (a) What are the common mental health issues prevalent in communities and how do they impact overall community well-being?

Or

- (b) Explain the significance of a holistic approach in addressing mental health issues within a community.

12. (a) What strategies can be employed to reduce stigma around mental health within a community?

Or

- (b) How can Community Based Participatory Research (CBPR) contribute to addressing stigma and enhancing resilience?

13. (a) Compare and contrast different implementation science frameworks used in community interventions.

Or

- (b) Illustrate with example regarding how implementation science has been utilized to address challenges in community health interventions.

14. (a) Explain the significance of involving diverse stakeholders in designing and implementing mental health programs.

Or

- (b) Assess the role of culturally adopted communication strategies in the success of community mental health interventions.

15. (a) Explain the role of a needs assessment in the planning of a community mental health intervention. How does it contribute to the effectiveness of the intervention?

Or

- (b) Describe the importance of selecting evidence-based practices in the development of community mental health interventions.

Part C

(5 × 8 = 40)

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

16. (a) Explain the concept of a “mental health ecosystem” and how it can be developed and sustained within a community.

Or

- (b) Assess the role of schools and educational institutions in promoting mental health awareness and providing support services.

17. (a) Analyze the impact of social stigma on mental health within a community and propose comprehensive strategies to mitigate it.

Or

- (b) Discuss methods to ensure diverse community voices are represented in intervention planning.

18. (a) Discuss the role of stakeholders in the implementation and evaluation of community interventions.

Or

- (b) Define - implementation science and explain its significance in community interventions for mental health.

19. (a) Explain the process and benefits of engaging stakeholders in the planning and implementation of a community mental health intervention.

Or

- (b) Assess the role of culturally adopted communication strategies in the success of community mental health interventions.
20. (a) Explain the importance of risk management and contingency planning in the context of implementing a community mental health intervention.

Or

- (b) Discuss the challenges and strategies for effectively engaging stakeholders in the planning and implementation of community mental health interventions.
-

C-7025

Sub. Code

**70631/70731/
70831/70931**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Third Semester

Psychology (Specialization Course)

COUNSELLING SKILLS AND TECHNIQUES

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the primary goal of counselling?
 - (a) to provide advice
 - (b) to help clients make decisions independently
 - (c) to diagnose mental disorders
 - (d) to offer emotional support and guide clients through challenges

2. Which type of counselling is focused on resolving group conflicts and improving relationships within a group?
 - (a) community counselling
 - (b) family counselling
 - (c) group counselling
 - (d) individual counselling

3. Which approach emphasizes the client's ability to be self aware and take responsibility for their actions in order to live authentically?
- (a) gestalt therapy
 - (b) humanistic therapy
 - (c) transactional analysis
 - (d) existential therapy
4. Who is the primary contributor to cognitive-behavioural therapy? (CBT)
- (a) Sigmund Freud (b) Carl Rogers
 - (c) Aaron Beck (d) Fritz Perls
5. What type of skill is required for effective recording in counselling?
- (a) Active listening
 - (b) Writing without emotion
 - (c) Accurate and objective documentation
 - (d) The ability to diagnose
6. Which of the following is an essential personal quality of a professional counsellor?
- (a) Impatience
 - (b) emotional intelligence
 - (c) inflexibility
 - (d) distrust in clients

7. Which of the following is a key component of Gerard Egan's model of counselling?
- (a) client centered empathy
 - (b) the use of physical touch
 - (c) three stages : exploration, understanding, Action
 - (d) focus on cognitive restructuring
8. Mindfulness in counselling primarily helps clients
- (a) focus on the past to resolve emotional conflicts
 - (b) increase awareness of their thoughts and emotions in the present moment
 - (c) ignore difficult emotions and focus only on positive ones
 - (d) forget painful experiences by focusing on distractions
9. What is key role of counselling in health sellings?
- (a) Providing medical diagnoses
 - (b) Helping patients manage stress and cope with illness
 - (c) Offering spiritual guidance
 - (d) Prescribing medication for mental health issues
10. What is the primary focus of grief counselling in disaster situations?
- (a) Providing legal advice
 - (b) Helping individuals understand the cause of the disaster
 - (c) Assisting individuals in processing grief and loss
 - (d) Organising community recovery events

Part B

(5 × 5 = 25)

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

11. (a) Differentiate between directive and non-directive counselling.

Or

- (b) Define counselling and discuss its goals.

12. (a) What are the key concepts of the humanistic approach to counselling and how is it applied therapeutically?

Or

- (b) Explain the integrative and eclectic approach in counselling.

13. (a) How does self-esteem and congruence affect a counsellor's effectiveness?

Or

- (b) Discuss the importance of values, beliefs and attitudes in counselling practice.

14. (a) How does Solution-Focused Brief Therapy (SFBT) work in counselling setting.

Or

- (b) Discuss the role of bonding and spirituality in the healing process with in the context of counselling.

15. (a) How does career counselling in educational settings help students make informed decisions about their future?

Or

- (b) Explain the role of disaster and grief counselling in supporting individuals who have experienced loss.

Part C

(5 × 8 = 40)

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

16. (a) Explain the types of counselling with examples.

Or

- (b) Discuss the relevance of counselling to social work practice.

17. (a) Describe the psychodynamic approach to counselling.

Or

- (b) Explain the Transactions Analysis (TA) approach to counselling.

18. (a) Discuss the importance of self-esteem and congruence in the counselling profession.

Or

- (b) Describe the different types of recording in counselling, their uses and the skills required to maintain accurate and ethical records.

19. (a) Explain Gerard Egan's model of counselling and discuss its practical applications in the counselling process.

Or

- (b) Explain the skills and techniques required for effective counselling particularly in initiating, attending and responding.

20. (a) Discuss the importance of marital and family counselling in resolving relational issues and improving family dynamics.

Or

- (b) Explain how counselling in health settings assists patients with chronic illness or terminal conditions.
-

C-7026

Sub. Code

**70632/70732/
70832/70932**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Third Semester

Psychology

RESEARCH METHODS AND APPLIED STATISTICS

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

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the primary objective of research?
 - (a) To prove a hypothesis
 - (b) To answer a question
 - (c) To solve a problem
 - (d) To gain knowledge

2. What is research design?
 - (a) A blue print for conducting research
 - (b) A method of data collection
 - (c) A technique of data analysis
 - (d) A way of presenting research findings

3. Which of the following is a characteristic of qualitative research?
 - (a) Focus on numbers and statistics
 - (b) Emphasis on understanding and interpretation
 - (c) Use of experimental design
 - (d) Focus on generalizability

4. What is a variable in research?
 - (a) A constant value
 - (b) A characteristic that can take on different values
 - (c) A statistical method
 - (d) A research design

5. Which measure of central tendency is most sensitive to outliers?
 - (a) Mean
 - (b) Median
 - (c) Mode
 - (d) Standard deviation

6. What is the first step in the scientific method?
 - (a) Observation
 - (b) Hypothesis
 - (c) Experimentation
 - (d) Conclusion

7. Which of the following is a type of research design?
 - (a) Experimental design
 - (b) Survey design
 - (c) Case Study design
 - (d) All the above

8. What is a survey in research?
 - (a) A method of data collection
 - (b) A type of research design
 - (c) A way of analysing data
 - (d) A method of sampling

9. What is the level of measurement of a variable that can be categorized into distinct group?
 - (a) Nominal scale
 - (b) Ordinal scale
 - (c) Interval scale
 - (d) Ratio scale

10. Which statistical software is commonly used for data analysis?
 - (a) SPSS
 - (b) R
 - (c) SAS
 - (d) All the above

Part B

(5 × 5 = 25)

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

11. (a) What is scientific attitude? Explain its characteristics.

Or

- (b) Define Research design and explain its importance in research.

12. (a) Explain the difference between participant and non-participant observation in qualitative research.

Or

- (b) Define a variable and explain its importance in research.

13. (a) Explain the differences between mean, median and mode.

Or

- (b) Briefly explain the concept of error in research.

14. (a) Describe the steps involved in conducting a survey research study.

Or

- (b) Explain the concept of reliability in research.

15. (a) Define correlation and explain its importance in statistics.

Or

- (b) Explain the characteristics of a good research tool.

Part C

(5 × 8 = 40)

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

16. (a) Explain the steps involved in the scientific method.

Or

- (b) Describe the concept of research design and discuss its importance in research.

17. (a) Explain the process of conducting ethnographic research, including participant observation, field notes and data analysis.

Or

- (b) Describe the process of data analysis.

18. (a) Describe the concept of standard deviation and explain its importance in descriptive statistics.

Or

- (b) Discuss the importance of identifying a research problem in the research process.

19. (a) Explain the concept of sampling in research and discuss its importance.

Or

- (b) Explain the concept of triangulation in qualitative research.

20. (a) Describe the concept of triangulation and discuss the advantages and disadvantages.

Or

- (b) Explain the concept of hypothesis testing and explain the differences between the chi-square test, T-test and correlation test.

C-7027

Sub. Code

70633/70733/70833/70933

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Third Semester

TRAINING AND DEVELOPMENT

**(Common for all M.Sc. (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 definition of training?
 - (a) A process of learning new skills and behaviors
 - (b) A process of developing existing skills and behaviors
 - (c) A process of recruiting new employees
 - (d) A process of evaluating employee performance

2. What is the primary purpose of conducting a needs assessment in training program development?
 - (a) To identify training objectives
 - (b) To select training methods
 - (c) To determine the training needs of employees
 - (d) To evaluate training effectiveness

3. Which of the following is an example of on-the-job training?
- (a) Lecture method
 - (b) Case study method
 - (c) Apprenticeship training
 - (d) Simulation training
4. _____ is one of the four training skills.
- (a) Presentation
 - (b) Facilitation
 - (c) Coaching
 - (d) All of the above
5. What is the primary purpose of evaluating a training programme?
- (a) To assess the knowledge of participants
 - (b) To evaluate the effectiveness of the training
 - (c) To provide feedback to participants
 - (d) To measure the return on investment
6. Which of the following is a reason for training employees?
- (a) To reduce employee turnover
 - (b) To improve employee productivity
 - (c) To enhance employee skills and abilities
 - (d) All the above

7. Which of the following is a step in designing a training programme?
- (a) Needs assessment
 - (b) Task analysis
 - (c) Writing objectives
 - (d) All the above
8. What is the primary advantage of the lecture method of training?
- (a) Encourages participation
 - (b) Allows for personalized feedback
 - (c) Enables large groups to be trained at once
 - (d) Fosters critical thinking
9. What is the key to delivering a professional presentation in a training programme?
- (a) Using complex technical jargon
 - (b) Reading from a script
 - (c) Making eye contact and varying tone of voice
 - (d) Using too many visual aids
10. Which of the following is an evaluation method?
- (a) Quizzes and Tests
 - (b) Surveys and Tests
 - (c) Observation and feedback
 - (d) All the above

Part B

(5 × 5 = 25)

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

11. (a) Explain the reasons for training employees in an organization.

Or

- (b) Define SMART objectives and explain their significance in training programme development.

12. (a) Describe the principles of learning.

Or

- (b) Discuss the importance of gauging group dynamics in a training programme.

13. (a) Explain Kirkpatrick's four levels of evaluation.

Or

- (b) Describe the general features of adult learners.

14. (a) Outline the steps involved in designing a training programme.

Or

- (b) Explain how to make lectures more effective.

15. (a) Describe the ROI process and its benefits.

Or

- (b) Discuss the guidelines for measuring the four levels of evaluation.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the benefits of training for employees, organizations and society as a whole.

Or

- (b) Describe the guidelines for preparing a training module and explain the importance of a training module.

17. (a) Compare and contrast on-the-job and off-the-job technical training methods.

Or

- (b) Explain the importance of asking and answering questions in a training programme.

18. (a) Discuss the different evaluation methods that can be used to measure the effectiveness of a training programme.

Or

- (b) Explain how to design an effective simulation game.

19. (a) Discuss how to design an effective case study and provide examples of situations.

Or

- (b) Describe the methods of data collection used in needs assessment, including their advantages and disadvantages.

20. (a) Explain the simulation and business game methods of training and their advantages and disadvantages.

Or

- (b) Describe the essential skills and qualities of a trainer.
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C-7028

Sub. Code

**70636/70736/
70836/70936**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Third Semester

POSITIVE PSYCHOLOGY

(Common for All M.Sc. 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 primary goal of positive psychology?
 - (a) To diagnose and treat mental illness
 - (b) To promote mental health and well – being
 - (c) To study the courses of human behaviour
 - (d) To develop new treatments

2. What is a key concept in the broaden-and-build theory of positive emotions?
 - (a) Narrowing and limiting
 - (b) Broadening and building
 - (c) Focusing and avoiding
 - (d) Reducing and eliminating

3. What is the primary definition of personal goals?
- (a) Specific, measurable, achievable and time bound objectives
 - (b) General and unmeasurable
 - (c) Short-term, feeling and impulsive wants
 - (d) Long-term and stable
4. What is the primary characteristic of the pre-birth stage of life?
- (a) Hope
 - (b) Vitality
 - (c) Potential
 - (d) Playfulness
5. Which of the following is a key aspect of adolescent development?
- (a) Identity formation
 - (b) Social skills development
 - (c) Emotional regulation
 - (d) All the above
6. Name of the method for measuring personal goals
- (a) Goal-setting theory
 - (b) Self-regulation theory
 - (c) Achievement motivation theory
 - (d) All the above

7. Which of the following is a key aspect of the birth stage of life?
- (a) Self-awareness
 - (b) Motor skills
 - (c) Hope
 - (d) Language development
8. What is the primary focus of early adulthood?
- (a) Exploration (b) Enterprise
 - (c) Commitment (d) Reflection
9. What is the primary focus of mature adulthood?
- (a) Personal growth (b) Benevolence
 - (c) Reflection (d) Exploration
10. Which of the following is not one of the 12 stages of life?
- (a) Infancy (b) Old age
 - (c) Adolescence (d) Retirement

Part B

(5 × 5 = 25)

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

11. (a) Explain the concept of Passion in adolescence.

Or

- (b) Discuss the concept of “Potential” in the pre-birth stage of life.

12. (a) Define personal goals and explain their importance in promoting well-being.

Or

- (b) Describe the broaden-and-build theory of positive emotions.

13. (a) Define positive psychology and explain primary goals.

Or

- (b) Discuss the importance of cultivating positive emotions.

14. (a) Compare and contrast Western and Eastern perspectives on positive psychology.

Or

- (b) Distinguish between hedonic and eudaimonic happiness.

15. (a) Explain how personal goals can express fundamental values and promote well-being.

Or

- (b) Describe the concept of 'vitality' in the infancy stage of life.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the relationship between positive psychology and clinical psychology.

Or

- (b) Explain the strategies for cultivating positive emotions.

17. (a) Discuss the different methods for measuring personal goals.

Or

- (b) Explain the concept of potential in the pre-birth stage of life.

18. (a) Discuss the implication of contemplation for midlife development and future life outcomes.

Or

- (b) Define self-regulation and explain its role in achieving personal goals.

19. (a) Discuss the implications for personal goal setting.

Or

- (b) Explain the concept of vitality in the infancy stage of life.

20. (a) Explain how enterprise contributes to the development of important life skills, such as self-regulation and adaptability.

Or

- (b) Discuss the concept of the 12 stages of life including the significance of each stage.
-

C-7029

Sub. Code

**70637/70737/
70837/70937**

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Third Semester

SOCIAL MARKETING

**(Common for all M.Sc. (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 key component of social marketing?
 - (a) Customer service excellence
 - (b) Targeting social issues and encouraging positive behavior change
 - (c) Increasing shareholder value
 - (d) Focusing only on product differentiation

2. What is the main challenge in implementing social change?
 - (a) Lack of media coverage
 - (b) Too much government support
 - (c) Overuse of technology
 - (d) Resistance from individuals and institutions

3. What is the first step in developing a social marketing plan?
 - (a) Identifying the target audience
 - (b) Setting a budget
 - (c) Selecting marketing channels
 - (d) Launching an advertising campaign

4. Which of the following is NOT a key component of a social marketing strategy?
 - (a) Audience segmentation
 - (b) Price discounts
 - (c) Behavior change
 - (d) Communication campaigns

5. Which of the following is NOT a characteristic of a well-designed social product?
 - (a) It must be relevant to the target audience
 - (b) It should create a positive impact on society
 - (c) It must focus only on profitability
 - (d) It should be easy to adopt and use

6. A decline in consumer interest in a product over time leads to:
 - (a) Irregular demand (b) Overfull demand
 - (c) Declining demand (d) No demand

7. What is the main purpose of a distribution channel in social marketing?
 - (a) To increase profits for the organization
 - (b) To ensure the availability and accessibility of the social product to the target audience
 - (c) To reduce production costs
 - (d) To create competition among marketers

8. Which of the following is NOT a key factor in positioning a social product?
 - (a) Target audience needs and preferences
 - (b) Competitor analysis
 - (c) The organization's internal profitability goals
 - (d) Behavioral barriers and motivations

9. What does the Power Politics Approach primarily focus on?
 - (a) The distribution and use of power in decision-making
 - (b) The economic impact of marketing strategies
 - (c) The psychological behavior of consumers
 - (d) The effectiveness of advertising campaigns

10. In participatory adoption, stakeholders include:
 - (a) Only government officials
 - (b) Only business leaders
 - (c) Only scientists and researchers
 - (d) Various community members, organizations, and policymakers

Part B

(5 × 5 = 25)

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

11. (a) What role does data analysis play in business problem-solving? Explain.

Or

- (b) How does social marketing contribute to social change? Analyze.

12. (a) What is a social marketing plan? Bring out its importance.

Or

- (b) What are the best distribution channels for a social marketing plan? Describe.

13. (a) Explain different types of demand.

Or

- (b) Describe the core features of the social product.

14. (a) Why is positioning important for the success of a social product? Illustrate.

Or

- (b) Narrate the key objectives of social marketing services.

15. (a) Suggest strategies for mobilizing influence groups.

Or

- (b) What are the common strategies used in power politics? Explain.

Part C

(5 × 8 = 40)

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

16. (a) What is social marketing, and how does it differ from traditional marketing? Elaborate.

Or

- (b) Explain the importance of a social campaign in social marketing.

17. (a) What research methods can be used to understand audience needs and behaviors? Describe.

Or

- (b) How do you identify and define the target audience for a social marketing plan? Illustrate.

18. (a) Suggest the best distribution channels for reaching underserved communities.

Or

- (b) Differentiate social products from commercial products with suitable examples.

19. (a) How does demographic, psychographic, and behavioral segmentation impact positioning? Narrate.

Or

- (b) Bring out the biggest challenges in implementing social marketing services.

20. (a) What are the benefits of participatory adoption for communities and stakeholders? Explain.

Or

- (b) Describe the role of couponing, premium offering and special events in social marketing.
-

C-7030

Sub. Code

70625

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Second Semester

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

THEORIES AND SKILLS OF COUNSELLING

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What distinguishes counselling from psychotherapy?
 - (a) Focus on immediate problem-solving
 - (b) Emphasis on deep-seated psychological issues
 - (c) Length of sessions
 - (d) Qualification of the practitioner

2. Which principle of counselling emphasizes the client's right to make autonomous decisions?
 - (a) Non-directive approach
 - (b) Respect for autonomy
 - (c) Psychoanalytic technique
 - (d) Cognitive restructuring

3. Who developed the Psycho-analytic model of counselling?
 - (a) Sigmund Freud
 - (b) Carl Rogers
 - (c) Albert Ellis
 - (d) Gerard Egan

4. Which counselling model emphasizes the therapist's role as a facilitator rather than an expert?
 - (a) Non-Directive Model
 - (b) Skilled Helper Model
 - (c) Client-centered Model
 - (d) Psycho-analytic Model

5. Why is cultural sensitivity important in counselling and psychotherapy?
 - (a) It reduces session length
 - (b) It enhances rapport with clients
 - (c) It simplifies treatment plans
 - (d) It eliminates cultural diversity

6. What is the Barefoot Counsellor Model primarily known for?
 - (a) Its focus on traditional healing methods
 - (b) Its use of advanced empathy techniques
 - (c) Its application in educational settings
 - (d) Its integration of various counselling models

7. Which skill involves the counsellor's ability to accurately perceive and understand the client's feelings?
- (a) Genuineness
 - (b) Respect
 - (c) Basic Empathy
 - (d) Advanced Empathy
8. What does the Code of Ethics in counselling primarily address?
- (a) Legal obligations of the counsellor
 - (b) Ethical guidelines for professional conduct
 - (c) Cultural norms in therapy sessions
 - (d) Techniques for client self-disclosure
9. Which model of record-keeping in counselling involves summarizing key points and actions from sessions?
- (a) Verbatim Model
 - (b) Log Model
 - (c) Summary Model
 - (d) Comparative Model
10. What is a primary benefit of supervision in counselling and psychotherapy?
- (a) Providing therapeutic advice to clients
 - (b) Ensuring ethical practice and professional growth
 - (c) Conducting psychoanalysis of clients
 - (d) Scheduling client appointments

Part B

(5 × 5 = 25)

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

11. (a) What are the key differences between counselling and psychotherapy?

Or

- (b) Explain the concept of scope in counselling. Provide examples of issues within the scope of counselling.

12. (a) Briefly describe the key principles of the Client-centered model of counselling.

Or

- (b) What is the main goal of using an Eclectic approach in counselling?

13. (a) Why is cultural sensitivity important in counselling? Provide two examples of how cultural differences can impact counselling sessions.

Or

- (b) Compare the need for counselling in urban versus rural Indian contexts.

14. (a) Define empathy in the context of counselling. How does empathy differ from sympathy?

Or

- (b) What is self-disclosure in counselling and when is it appropriate to use it?

15. (a) What is self-disclosure in counselling and when is it appropriate to use it?

Or

- (b) What are the primary benefits of supervision for counsellors? Provide two examples of how supervision enhances professional development.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the historical development of counselling and psychotherapy. How have historical contexts shaped the modern practice of counselling?

Or

- (b) What are the primary objectives of counselling? How do these objectives contribute to the overall well-being and development of clients?
17. (a) Evaluate the strengths and limitations of the Psycho-analytic model of counselling developed by Sigmund Freud. How has this model influenced modern therapeutic approaches?

Or

- (b) Compare and contrast the Non-Directive (Rogarian) model and the Skilled Helper Model of counselling. Do these models differ in their approach to facilitating client change and growth?
18. (a) Analyze the role of cultural sensitivity in counselling and psychotherapy. How can counsellors effectively integrate cultural awareness into their practice to enhance therapeutic outcomes?

Or

- (b) Discuss the unique challenges and opportunities for counselling in multicultural contexts. Provide examples of how cultural diversity influences counselling dynamics and outcomes.

19. (a) Explore the concept of empathy in counselling. How can counsellors cultivate and demonstrate empathy in their interactions with clients? Provide practical examples.

Or

- (b) Discuss the ethical considerations in counselling practice. How do ethical guidelines and codes of conduct help maintain professionalism and ensure client welfare?
20. (a) Assess the importance of record-keeping in counselling. What are the ethical and practical considerations involved in maintaining accurate records of counselling sessions?

Or

- (b) Examine the role of supervision in counselling and psychotherapy. How does supervision contribute to ongoing professional development, self-awareness, and competence among counsellors?
-

C-7031

Sub. Code

70626

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Second Semester

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

SCHOOLS OF PSYCHOTHERAPIES – I

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. _____ is the primary goal of psychotherapy.
 - (a) To prescribe medication for mental health issues
 - (b) To enhance self awareness and self understanding
 - (c) To diagnose physical ailments
 - (d) To promote financial stability

2. The key component of ethical practice in psychotherapy is _____.
 - (a) Client autonomy
 - (b) Therapist dominance
 - (c) Confidentiality
 - (d) Financial incentives

3. _____ techniques involves assigning homework to clients to practice skills learned in therapy session.
- (a) Role playing
 - (b) Behavioural activation
 - (c) Socratic questioning
 - (d) Behavioural experiments
4. The primary function of a biofeedback device used in therapy is _____.
- (a) To measure brain activity
 - (b) To monitor muscle tension and relaxation
 - (c) To administer electric shocks
 - (d) To induce deep breathing
5. Neo-Freudian theories expanded Freud's focus on id, ego and super ego by emphasizing _____.
- (a) The importance of ego defense mechanism
 - (b) Role of unconscious conflicts
 - (c) To role of archetypes in unconsciousness
 - (d) The impact of early childhood experiences
6. The central emphasis on Rogerian therapy is _____.
- (a) Confrontation and Interpretation
 - (b) Advice giving and problem solving
 - (c) Empathy and unconditional positive regard
 - (d) Hypnosis and Unconditional positive regard

7. Cognitive therapy focuses on _____.
- (a) Modifying negative thought patterns
 - (b) Analysing dream symbolism
 - (c) Role playing different scenarios
 - (d) Exploring unconscious conflicts
8. Behavioural Therapy is based on the principle of _____.
- (a) Insight and self-awareness
 - (b) Reinforcement and Conditioning
 - (c) Reflections and introspection
 - (d) Empathy and unconditional positing regard
9. _____ ACT technique brings awareness to the present moment without judgement.
- (a) Thought challenging
 - (b) Mindfulness
 - (c) Expositive hierarchy
 - (d) Progressive muscle relaxation
10. In ACT, the term 'defusion' refers to _____.
- (a) Integration of conflicting emotions
 - (b) Exposure to feared stimulate
 - (c) Letting go of attachment to thoughts
 - (d) Replacing negative thought with positive affirmations

Part B

(5 × 5 = 25)

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

11. (a) Explain the primary goals of psychotherapy.

Or

- (b) Evaluate the role of psychotherapy in addressing mental health stigma in Indian Society.

12. (a) Describe the importance of ethical values in psychotherapy practice.

Or

- (b) Define catharsis in the context of psychotherapy and discuss its significance in emotional healing.

13. (a) Explain any three common techniques used in brief dynamic therapy.

Or

- (b) Discuss the indicators for using psychoanalytic therapy to patients suffering from personality disorder.

14. (a) Explain the significances of cognitive behavioural therapy.

Or

- (b) Describe the concept of Irrational beliefs according to Ellis.

15. (a) Explain Acceptance and Commitment Therapy.

Or

(b) Describe the functions of comprehensive dialectic behavioural therapy.

Part C

(5 × 8 = 40)

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

16. (a) Briefly explain the current status of psychotherapy and its development.

Or

(b) Explain the characteristics of a therapist.

17. (a) Describe the psychotherapeutic devices.

Or

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

18. (a) Explain the Rogerian and Gestalt Therapy.

Or

(b) Discuss about the Humanistic approaches in psychoanalytic therapies.

19. (a) Explain the problem solving techniques in cognitive and behavioural therapy.

Or

(b) Discuss Beck's model.

20. (a) Discuss the Acceptance and Commitment Therapy (ACT) triflex.

Or

(b) Describe the treatment stages in Dialectic Behavioural Therapy.

C-7032

Sub. Code

70634

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025.

Third Semester

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

SCHOOLS OF PSYCHOTHERAPIES – II

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. In couples therapy, the first step in assessing the problem in a relationship is
 - (a) identifying individual goals
 - (b) conducting joint therapy sessions
 - (c) exploring relational dynamics
 - (d) administering psychological tests

2. What is a major ethical issue in couples therapy?
 - (a) managing client resistance
 - (b) taking sides in a conflict
 - (c) ensuring group dynamics
 - (d) adopting flexible session timing

3. Which of the following is a key principle of the narrative approach in family therapy?
 - (a) challenging family hierarchies
 - (b) rewriting problem-saturated stories
 - (c) identifying genetic predispositions
 - (d) focusing on past trauma

4. A treatment plan in family therapy aims to
 - (a) resolve conflicts between individuals and families
 - (b) set measurable goals for improving family dynamics
 - (c) promote individual well-being
 - (d) focus solely on parental roles

5. Which of the following is a key criterion for selecting clients for group therapy?
 - (a) age and gender
 - (b) willingness to share and participate
 - (c) financial stability
 - (d) level of education

6. A group therapist's most important skill is
 - (a) problem-solving ability
 - (b) facilitation and managing group dynamics
 - (c) analytical reasoning
 - (d) diagnostic expertise

7. Solution-Focused Brief Therapy (SFBT) primarily focuses on
- (a) exploring past trauma
 - (b) identifying and building solutions for the future
 - (c) analyzing unconscious conflicts
 - (d) diagnosing mental disorders
8. In EMDR, the role of bilateral stimulation is to
- (a) Strengthen memory recall
 - (b) Reduce the emotional intensity of traumatic memories
 - (c) promote relaxation and mindfulness
 - (d) address interpersonal conflicts
9. The process of mindfulness typically begins with
- (a) deep emotional analysis
 - (b) focusing on the breath and bodily sensations
 - (c) exploring unconscious thoughts
 - (d) goal-setting exercises
10. Which mindfulness technique involves focusing on each body part to release tension?
- (a) loving-kindness meditation
 - (b) body scan meditation
 - (c) guided visualization
 - (d) mindful eating

Part B

(5 × 5 = 25)

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

11. (a) Briefly outline Gottman's four Horsemen of the apocalypse and their impact on relationships.

Or

- (b) List and explain two major issues commonly addressed in couples therapy.

12. (a) Explain the systematic approach and its application in family therapy.

Or

- (b) Outline the ethical dilemmas that therapists face when working with families.

13. (a) Discuss the primary need for group therapy in mental health interventions.

Or

- (b) What are common challenges faced during group counselling, and how can they be addressed?

14. (a) Outline the primary assumptions of solution-focused Brief Therapy (SFBT).

Or

- (b) What are the key goals of narrative therapy in working with clients?

15. (a) What are some commonly used mindfulness techniques? Provide two examples.

Or

- (b) How does mindfulness improve mental health?

Part C

(5 × 8 = 40)

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

16. (a) Explain the process of assessing problems in relationships with examples of assessment tools.

Or

- (b) Examine the ethical principles involved in couples therapy and their importance in maintaining professional boundaries.

17. (a) Explain the techniques used in working with families and their role in improving family dynamics.

Or

- (b) Critically assess how cultural and social factors influence family therapy practices.

18. (a) Compare and contrast at least two approaches to group therapy with examples.

Or

- (b) Evaluate the benefits and limitations of brief forms of group therapy in clinical practice.

19. (a) Explain the step-by-step process of EMDR therapy, including the role of bilateral stimulation.

Or

- (b) Analyse the role of therapist neutrality in post-modern therapies.

20. (a) Explain the process of mindfulness, highlighting the role of attention and awareness.

Or

- (b) Analyse the effectiveness of mindfulness techniques such as body scan and mindful breathing in stress reduction.
-

C-7033

Sub. Code

70635

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Third Semester

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

**MODERN TRENDS AND
TECHNIQUES IN COUNSELLING**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Self-psychology was introduced by _____
 - (a) Carl Jung
 - (b) Sigmund Freud
 - (c) Heinz Kohut
 - (d) John Bowlby

2. Which therapeutic technique is a key component of self-psychology?
 - (a) Transference interpretation
 - (b) Free association
 - (c) Mirroring
 - (d) Dream analysis

3. The primary goal of expressive art therapy is to _____
- (a) Diagnose mental disorders
 - (b) Foster emotional expression
 - (c) Develop cognitive skills
 - (d) Improve physical health
4. Which organization is central to the standardization of art therapy?
- (a) World Health Organization
 - (b) American Art Therapy Association
 - (c) International Expressive Art Society
 - (d) APA
5. Narrative therapy focuses on _____
- (a) Resolving unconscious conflicts
 - (b) Re-telling and reconstructing personal stories
 - (c) Behavioural modification
 - (d) Symptom Elimination
6. Play therapy often involves the family to _____
- (a) Assess child-parent dynamics
 - (b) Help the family resolve its own issues
 - (c) Create a supportive environment
 - (d) Teach parenting techniques
7. The psycho-educational model emphasizes _____
- (a) Cognitive restructuring
 - (b) Behavioural assessment and interventions
 - (c) Psychoanalytic techniques
 - (d) Medication management

8. William Morse contributed to the development of _____
- (a) Cognitive behavioural therapy
 - (b) Psycho-educational approaches
 - (c) Narrative therapy
 - (d) Expressive arts therapy
9. Pranayama involves _____
- (a) Physical exercise
 - (b) Breath control techniques
 - (c) Meditation practices
 - (d) Spiritual rituals
10. Psycho-spiritual practices like mindfulness aim to _____
- (a) Enhance academic learning
 - (b) Promote holistic well-being
 - (c) Identify unconscious conflicts
 - (d) Evaluate personality types

Part B

(5 × 5 = 25)

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

11. (a) Describe the major concepts of self-psychology.

Or

- (b) Discuss the cultural implications of self-psychology.

12. (a) Explain the therapeutic benefits of expressive art therapy for adults.

Or

- (b) How are emotions addressed through activities in expressive art therapy?

13. (a) Highlight the role of alternative stories in narrative therapy.

Or

- (b) Explain the benefits of play therapy for children.

14. (a) Outline the psycho-educational interventions used in schools.

Or

- (b) Describe the contributions of William Morse to Psycho-education.

15. (a) Explain the psychological applications of yogic principles in therapy.

Or

- (b) Discuss the advantages and limitations of mudras.

Part C

(5 × 8 = 40)

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

16. (a) Evaluate the criticisms of self-psychology.

Or

- (b) Analyze the therapeutic techniques used in self-psychology.

17. (a) Discuss the historical development of expressive art therapy.

Or

- (b) Assess the role of the American Art Therapy Association in advancing art therapy.

18. (a) Explore the significance of metatexts in narrative therapy.

Or

- (b) Analyze the historical evolution and methodologies of play therapy.

19. (a) Describe the process of behavioural assessment in psycho-education.

Or

- (b) Discuss the modern developments in psycho-educational models.

20. (a) Examine the role of psycho-spirituality in modern therapeutic practices.

Or

- (b) Evaluate Roberto Assagidi's psycho synthesis therapy in promoting well-being.
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C-7034

Sub. Code

70725

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Second Semester

Psychology (Specialization in Clinical Psychology)

PSYCHOPATHOLOGY – I

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Psychopathology is
 - (a) The study of normal psychological functioning
 - (b) The study of abnormal behaviour and mental disorders
 - (c) The study of neurological diseases
 - (d) The study of social interactions and relationships

2. Which perspective in psychopathology emphasizes the role of unconscious processes and early life experiences?
 - (a) Biological perspective
 - (b) Behavioural perspective
 - (c) Cognitive perspective
 - (d) Psychodynamic perspective

3. Which of the following is not classified as an anxiety disorder?
- (a) Generalized Anxiety Disorder
 - (b) Panic disorder
 - (c) Schizophrenia
 - (d) Social Anxiety disorder
4. Which disorder involves recurrent, unexpected panic attacks and persistent concern about having more attacks?
- (a) Agoraphobia
 - (b) Obsessive – Compulsive disorder
 - (c) Panic disorder
 - (d) Post - traumatic stress disorder
5. An example of a mood disorder is
- (a) Schizophrenia
 - (b) Obsessive - compulsive disorder
 - (c) Major depressive disorder
 - (d) Generalized Anxiety disorder
6. Which of the following is a mood disorder characterized by periods of extremely elevated moods and periods of depression?
- (a) Major depressive disorder
 - (b) Bipolar disorder
 - (c) Cyclothymic disorder
 - (d) Dysthymia

7. Which of the following is not a symptom of Schizophrenia?
- (a) Hallucinations
 - (b) Delusions
 - (c) Compulsions
 - (d) Disorganised speech
8. Which type of hallucination is most commonly experienced by individuals with Schizophrenia?
- (a) Visual
 - (b) Auditory
 - (c) Olfactory
 - (d) Gustatory
9. Which medication is commonly used to treat opioid dependence by reducing cravings and withdrawal symptoms?
- (a) Methadone
 - (b) Naloxone
 - (c) Disulfiram
 - (d) Diazepam
10. Which substance is most commonly associated with withdrawal symptoms such as tremors, anxiety, nausea and seizures?
- (a) Cannabis
 - (b) Alcohol
 - (c) Cocaine
 - (d) LSD

Part B

(5 × 5 = 25)

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

11. (a) What are the primary factors that contribute to the development of mental disorders?

Or

- (b) Describe the major structures of human brain and their functions.

12. (a) What are the common symptoms of anxiety disorders and how do they vary between types of anxiety disorders?

Or

- (b) Write a note on pharmacological and psychotherapeutic interventions for anxiety disorders.

13. (a) What are the mood disorders and how are they defined in the DSM-5?

Or

- (b) Describe the management of Bipolar disorders.

14. (a) What assessment tools and methods are commonly used to diagnose Schizophrenia?

Or

- (b) Explain the typical course of Schizophrenia and factors that influence prognosis.

15. (a) Describe the different categories of substances commonly associated with substance use disorders.

Or

- (b) Explain the gender differences in the prevalence and manifestation of substance use disorder.

Part C

(5 × 8 = 40)

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

16. (a) Explain the importance of classification systems in psychopathology.

Or

- (b) Discuss specific brain regions and their involvement in conditions such as depression, schizophrenia and anxiety disorders.

17. (a) Explain the cognitive, behavioural model of anxiety disorders.

Or

- (b) Describe the etiology, clinical diagnosis and management of post-traumatic stress disorder.

18. (a) Discuss the role of genetic, environmental and psychological factors in the etiology of mood disorders.

Or

- (b) Explain how mood disorders impact an individual's daily life, relationships and overall functioning.

19. (a) Discuss the effectiveness of antipsychotic medications in treating Schizophrenia.

Or

- (b) Describe the positive, negative and cognitive symptoms of Schizophrenia.

20. (a) Explain the concept of use, misuse, abuse and addiction with reference to substance use disorder.

Or

- (b) Discuss the evidence based treatment options for substances use disorders.
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C-7035

Sub. Code

70726

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Second Semester

Psychology (Specialization in Clinical Psychology)

PSYCHOTHERAPIES — I

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Section A

(10 × 1 = 10)

Answer **all** the questions.

1. Which characteristic is important for establishing a therapeutic alliance with clients?
 - (a) Technical knowledge
 - (b) Empathy
 - (c) Strictness
 - (d) Distance

2. Which therapy focuses on the individual's ability to solve their own problems and emphasizes the importance of the therapeutic relationship?
 - (a) Cognitive-behavioural therapy
 - (b) Psychoanalysis
 - (c) Solution focused brief therapy
 - (d) Client-centered therapy

3. Which term describes the process of projecting feelings about significant people in one's life onto the therapist?
 - (a) Transference
 - (b) Counter transference
 - (c) Projection
 - (d) Displacement

4. In psychoanalytic therapy, what is 'resistance'?
 - (a) The patient's refusal to participate in therapy
 - (b) The patient's unconscious defense mechanisms
 - (c) The therapist's reluctance to interpret dreams
 - (d) The therapeutic goal of achieving insight

5. Which type of therapy is most associated with Carl Rogers?
 - (a) Psychoanalysis
 - (b) Cognitive-behavioural therapy
 - (c) Person-centered therapy
 - (d) Gestalt therapy

6. What is the purpose of free association in psychoanalysis?
 - (a) To identify and change negative thought patterns
 - (b) To allow the patient to express thoughts without censorship
 - (c) To help the patient achieve relaxation and mindfulness
 - (d) To create a supportive therapeutic relationship

7. Who developed Rational Emotive Behaviour therapy?
- (a) Carl Jung
 - (b) Albert Ellis
 - (c) Aaron Beck
 - (d) Sigmund Freud
8. Which defense mechanism involves refusing to accept reality or facts?
- (a) Repression
 - (b) Denial
 - (c) Projection
 - (d) Sublimation
9. Which Acceptance and Commitment Therapy (ACT) process involves focusing on what truly matters to an individual?
- (a) Acceptance
 - (b) Present moment awareness
 - (c) Value clarification
 - (d) Self as context
10. Which of the following is not one of the four primary modules of DBT skills training?
- (a) Mindfulness
 - (b) Cognitive Restructuring
 - (c) Distress Tolerance
 - (d) Emotion Regulation

Section B

(5 × 5 = 25)

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

11. (a) How does psychotherapy differ from other forms of mental health treatment?

Or

- (b) What are some ethical issues that therapists must consider in their practice?

12. (a) How can therapists develop and demonstrate cultural competence in their practice?

Or

- (b) Write a note on psychotherapeutic devices.

13. (a) Describe the key principles of psychodynamic therapy.

Or

- (b) How do techniques such as client centered therapy fit into the humanistic approach?

14. (a) How does cognitive-behavioural therapy conceptualize the relationship between thoughts, emotions and behaviours?

Or

- (b) How is cognitive-behavioural therapy adapted for treating depression?

15. (a) Explain the concept of cognitive diffusion in Acceptance Commitment Therapy.

Or

- (b) Describe the foundational principles of Dialectic Behavioural Therapy.

Section C

(5 × 8 = 40)

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

16. (a) Discuss the personal characteristics of therapists.

Or

- (b) How are technological advancements, such as teletherapy and virtual reality impact the field of psychotherapy?

17. (a) Examine the relationship between psychotherapy and social case work.

Or

- (b) Explain the therapist's responsibility to ensure confidentiality and informed consent in therapy.

18. (a) Discuss the benefits and challenges of integrating mindfulness practices into psychotherapy.

Or

- (b) Elaborate the humanistic approach in psychotherapy.

19. (a) Explain cognitive restructuring, a technique used in cognitive-behavioural therapy to challenge and change maladaptive thoughts.

Or

- (b) Describe Meichenbaum's self-instructional training within the cognitive-behavioural therapy framework.
20. (a) Discuss the effectiveness of Acceptance and Commitments Therapy in improving psychological flexibility and overall well-being.

Or

- (b) Explain how Dialectic-behavioural therapy integrate cognitive-behavioural techniques with principles of dialectics and mindfulness.
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C-7038

Sub. Code

70834

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025.

Third Semester

Psychology Specialization in Educational Psychology

**PSYCHOPATHOLOGY OF CHILDHOOD AND
ADOLESCENCE**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which of the following is the most important principle of child and adolescent development in psychology?
 - (a) Development is static and predictable
 - (b) Development is a process of continuous change
 - (c) Development is determined by genetics alone
 - (d) Development only occurs during adolescence

2. Which model focuses on the interaction between biological, social, and environmental factors in shaping development?
 - (a) Cognitive Developmental Model
 - (b) Bioecological Model
 - (c) Psychosocial Model
 - (d) Psychoanalytic Model

3. Which of the following is a common disorder seen in early childhood and often characterized by a lack of social engagement or communication difficulties?
 - (a) Attention-Deficit/Hyperactivity Disorder (ADHD)
 - (b) Generalized Anxiety Disorder
 - (c) Autism Spectrum Disorder (ASD)
 - (d) Obsessive-Compulsive Disorder (OCD)

4. What is the primary of reactive attachment disorder (RAD) in children?
 - (a) Overly anxious attachment to primary caregivers
 - (b) Difficulty in forming healthy emotional attachments with caregivers
 - (c) Uncontrollable aggression towards peers
 - (d) Excessive dependency on a single attachment figure

5. Which of the following is a common characteristic of intellectual disability in children?
 - (a) Above-average IQ with social difficulties
 - (b) Severe behavioral problems without any cognitive impairments
 - (c) Difficulty in understanding abstract concepts but normal behavior
 - (d) Limitations in intellectual functioning and adaptive behavior

6. Dyslexia primarily affects which area of a child's functioning?
 - (a) Math skills
 - (b) Written expression
 - (c) Reading and spelling
 - (d) Social interactions

7. Which of the following is a characteristic feature of anorexia nervosa in adolescents?
- (a) Excessive eating in secret
 - (b) A fear of gaining weight and a distorted body image
 - (c) Overeating followed by purging
 - (d) A lack of interest in food and a preference for high-calorie foods
8. Which of the following is NOT a common psychological factor contributing to eating disorders in adolescents?
- (a) Perfectionism and a desire for control
 - (b) Low self-esteem and poor body image
 - (c) High levels of emotional stability and coping skills
 - (d) Pressure to conform to societal standards of beauty
9. Which of the following is a common characteristic of emotional disturbance in children?
- (a) Chronic and severe difficulty in regulating emotions
 - (b) Difficulty in forming lasting relationships
 - (c) Unusual behavior patterns without any social context
 - (d) A preference for social interaction and communication
10. Which of the following is NOT a typical behavior observed in children with emotional disturbance?
- (a) Frequent outbursts of anger
 - (b) Persistent sadness or depression
 - (c) Strong ability to follow social norms and rules
 - (d) Difficulty in maintaining relationships with peers and adults

Part B

(5 × 5 = 25)

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

11. (a) Discuss the key stages of cognitive development in childhood and adolescence proposed by Jean Piaget.

Or

- (b) Explain Erik Erikson's psychosocial stages of development.

12. (a) Discuss the key characteristics of Autism Spectrum Disorder (ASD) in early childhood.

Or

- (b) Examine how early attachment experiences influence later development in adolescence.

13. (a) Discuss the key characteristics of Intellectual Disability (ID) In childhood.

Or

- (b) Explain the concept of developmental delays in childhood.

14. (a) What are the psychological and physiological consequences of eating disorders in adolescents?

Or

- (b) Discuss the impact of eating disorders on the social and academic life of adolescents.

15. (a) How can early diagnosis and intervention impact the development of children with speech and language impairments?

Or

- (b) Discuss the psychological impact of visual impairment in children.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the main differences between the medical model and the ecological model of intervention in child and adolescent.

Or

- (b) How do models influence treatment strategies for children with developmental or behavioral disorders?

17. (a) Describe the role of early childhood experiences in the development of psychopathological conditions.

Or

- (b) Discuss the unique challenges faced in each sector of evidence based interventions.

18. (a) Dyscalculia is a specific learning disability affecting mathematical abilities-Discuss.

Or

- (b) What is the role of early diagnosis and intervention in managing specific learning disabilities?

19. (a) Discuss the importance of family support and training in fostering an effective home environment for children with ASD.

Or

- (b) What are the challenges in diagnosing ADHD in children with different cultural backgrounds?

20. (a) Discuss the different types of emotional disturbances commonly observed in children and adolescents.

Or

(b) Discuss the causes of speech or language impairments in childhood.

C-7039

Sub. Code

70835

M.Sc. DEGREE EXAMINATION, NOVEMBER 2025

Third Semester

Psychology (Specialization in Educational Psychology)

**THERAPEUTIC INTERVENTIONS IN EDUCATIONAL
SETTING**

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which of the following best describes the history of the evidence-based movement?
 - (a) It started in the early 2000s with a focus on psychology only
 - (b) The movement began in the 1980s as part of a global health initiative
 - (c) It emerged from the medical field in the 1990s as a response to traditional practices
 - (d) It was initiated by the education sector to improve school curricula

2. What is the primary goal of the evidence-based intervention movement?
 - (a) To replace traditional interventions with only new ones
 - (b) To ensure that interventions are based on scientific research and evidence
 - (c) To focus on cost reduction in healthcare
 - (d) To increase the number of interventions available to clinicians.

3. In the history of evidence-based practices, which of the following disciplines is most closely associated with the origins of evidence-based interventions?
 - (a) Medicine
 - (b) Psychology
 - (c) Education
 - (d) Social work

4. Which of the following is NOT a common criterion for designating an intervention as “evidence-based”?
 - (a) Demonstrated effectiveness through controlled research studies
 - (b) The intervention is widely used without much scientific backing
 - (c) Replication of results across multiple populations and settings
 - (d) Consistent positive outcomes in randomized controlled trials (RCTs)

5. What is the primary focus of externalizing disorders?
 - (a) Internal emotional struggles and anxiety
 - (b) Behaviors that are outwardly disruptive and violate social norms
 - (c) Cognitive dysfunctions
 - (d) Depressive symptoms and mood regulation

6. Which of the following is a key characteristic of disruptive behavior in children and youth?
- (a) Quiet and withdrawn demeanor
 - (b) Extreme anxiety and fearfulness
 - (c) Aggressive, defiant, or antisocial behavior
 - (d) Overcompliance with authority figures
7. What is the key principle behind using differential attention in behavior management?
- (a) Ignoring all behaviors
 - (b) Punishing disruptive behaviors immediately
 - (c) Giving equal attention to all behaviors
 - (d) Reinforcing desirable behaviors and ignoring undesirable ones
8. Which of the following is a characteristic of effective instructions?
- (a) Using complex language to challenge the child's comprehension
 - (b) Giving vague, indirect commands
 - (c) Providing clear, concise, and step-by-step directions
 - (d) Delivering instructions only once without repeating
9. Case conceptualization of trauma involves:
- (a) Understanding the impact of trauma on the individual and their coping mechanisms
 - (b) Focusing on the traumatic event alone
 - (c) Ignoring the emotional and psychological needs of the student
 - (d) Relying solely on medical treatment to address trauma

10. Which of the following is a common element of trauma-focused interventions?
- (a) Ignoring the student's emotions and focusing only on behavioral changes
 - (b) Allowing the student to avoid discussing the trauma in therapy
 - (c) Focusing solely on cognitive restructuring without addressing emotional expression
 - (d) Psycho education for the student and family about trauma and its effects

Part B

(5 × 5 = 25)

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

11. (a) Discuss the evolution of the evidence-based intervention movement.

Or

- (b) Explain the access to evidence based interventions,

12. (a) Explain the complexity of evidence based intervention movement.

Or

- (b) Explore the cultural competence of evidence based intervention movement.

13. (a) Discuss the role of assessment in identifying disruptive behavior in children.

Or

- (b) Discuss the common elements of psychoeducation for parents and teachers.

14. (a) Explain the concept of differential attention in behavior management.

Or

- (b) What are some key elements to consider when providing effective instructions to children?
15. (a) Discuss the role of safety behaviors in trauma recovery.

Or

- (b) What strategies can be used to encourage emotional expression in a safe environment?

Part C

(5 × 8 = 40)

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

16. (a) How does the complexity of the evidence-based intervention movement impact its application in real-world settings, such as schools or clinical environments?

Or

- (b) Discuss the challenges practitioners face when implementing evidence-based practices.
17. (a) What are the key criteria for designating an intervention as evidence-based?

Or

- (b) Explore the cultural competence of evidence based intervention movement.

18. (a) What are some commonly used tools and methods for assessing disruptive behavior?

Or

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

19. (a) Explain the process and benefits of anger management training for children.

Or

- (b) What strategies can be used to help children manage their anger effectively?

20. (a) Discuss the significance of building strong home-school partnerships in promoting student success.

Or

- (b) Explain how applying an equity lens in student discipline can improve outcomes for students from diverse backgrounds.
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