

C-8129

Sub. Code

70611/

70711/

70811/

70911

M.Sc. DEGREE EXAMINATION, APRIL 2026

First Semester

FUNDAMENTALS OF 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 gland is often referred to as the “master gland” of the endocrine system?
(a) Thyroid gland (b) Adrenal gland
(c) Pituitary gland (d) Pineal gland
2. Which part of the brain is primarily responsible for regulating emotions and memory?
(a) Cerebellum
(b) Limbic system
(c) Medulla oblongata
(d) Occipital lobe

3. Which brain structure plays a crucial role in controlling attention?
 - (a) Hippocampus
 - (b) Cerebellum
 - (c) Amygdala
 - (d) Reticular formation

4. The tip-or-the-tongue phenomenon is an example of:
 - (a) Encoding failure
 - (b) Retrieval failure
 - (c) Storage decay
 - (d) Sensory memory loss

5. The sudden realization of a solution to a problem is known as:
 - (a) Insight
 - (b) Algorithmic thinking
 - (c) Inductive reasoning
 - (d) Fixation

6. In operant conditioning, negative reinforcement involves:
 - (a) Presenting an unpleasant stimulus after a behavior
 - (b) Rewarding the behavior with something desirable
 - (c) Ignoring the behavior until it stops
 - (d) Removing an unpleasant stimulus to strengthen a behavior

7. The concept of emotional intelligence (EQ) was popularized by:
- (a) Daniel Goleman
 - (b) Sigmund Freud
 - (c) Abraham Maslow
 - (d) Carl Rogers
8. In Maslow's hierarchy of needs, the most basic human needs are:
- (a) Self-actualization
 - (b) Esteem needs
 - (c) Physiological needs
 - (d) Love and belonging
9. Which of the following is an example of pro-social behavior?
- (a) Ignoring someone in need
 - (b) Donating money to charity
 - (c) Bullying a classmate
 - (d) Avoiding teamwork
10. According to Bandura's Social Learning Theory, learning occurs through:
- (a) Trial and error
 - (b) Classical conditioning
 - (c) Observation and imitation
 - (d) Direct reinforcement only

Part B

(5 × 5 = 25)

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

11. (a) Explain the scope of psychology in modern society.

Or

- (b) What is the role of the nervous system in behavior? Narrate.

12. (a) What is forgetting? Bring out the causes of forgetting.

Or

- (b) Describe the three main stages of memory processing.

13. (a) How can critical thinking improve decision-making? Explain.

Or

- (b) Illustrate the common obstacles to effective thinking.

14. (a) How can teachers use motivation theories to enhance student learning? Describe.

Or

- (b) Explain the James-Lange theory of emotion.

15. (a) What is prosocial behavior? Suggest ways to promote prosocial behaviour among adolescents.

Or

- (b) What is social identity, and how does it differ from personal identity? Explain.

Part C

(5 × 8 = 40)

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

16. (a) How does psychology help in understanding and treating mental disorders? Elaborate.

Or

- (b) How do nature and nurture interact in shaping behavior? Describe.

17. (a) Analyze the impact of technology and screen time on attention and perception.

Or

- (b) Analyze the effects of aging on memory and forgetting.

18. (a) What is operant conditioning, and how does it differ from classical conditioning?

Or

- (b) What is Problem-solving? Suggest ways to develop Problem-solving skills.

19. (a) What is Maslow's hierarchy of needs, and how does it explain human motivation?

Or

- (b) Define emotion. Explain the components of emotion.

20. (a) How can parents and educators promote prosocial behavior in children? Describe.

Or

- (b) Illustrate Erickson's psychosocial development.
-

C-8130

Sub. Code

70612/

70712/

70812/

70912

M.Sc. DEGREE EXAMINATION, APRIL 2026

First Semester

COGNITIVE 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. Who is considered the father of cognitive psychology?
 - (a) B.F. Skinner
 - (b) John Watson
 - (c) Ulric Neisser
 - (d) Sigmund Freud

2. Which cognitive process is responsible for converting sensory input into a meaningful form?
 - (a) Encoding
 - (b) Retrieval
 - (c) Decoding
 - (d) Reinforcement

3. Which state of consciousness is characterized by reduced awareness but continued brain activity?
- (a) Sleep
 - (b) Coma
 - (c) Alertness
 - (d) Daydreaming
4. The first step in sensory processing involves:
- (a) Transmission
 - (b) Reception
 - (c) Interpretation
 - (d) Decision-making
5. Which of the following is the first stage in the memory process?
- (a) Retrieval
 - (b) Encoding
 - (c) Storage
 - (d) Consolidation
6. Who proposed the theory of universal grammar?
- (a) B.F. Skinner
 - (b) Noam Chomsky
 - (c) Jean Piaget
 - (d) Lev Vygotsky
7. The first step in the problem-solving process is:
- (a) Implementing the solution
 - (b) Defining the problem
 - (c) Evaluating alternatives
 - (d) Generating possible solutions

8. The ability to create new and useful ideas is known as:
- (a) Intelligence
 - (b) Creativity
 - (c) Problem-solving
 - (d) Memory retrieval
9. Reasoning is best defined as:
- (a) The ability to recall past experiences
 - (b) The process of drawing conclusions from given information
 - (c) The automatic processing of stimuli
 - (d) The memorization of facts
10. Which type of reasoning is mostly used in scientific research?
- (a) Deductive reasoning
 - (b) Inductive reasoning
 - (c) Circular reasoning
 - (d) Emotional reasoning

Part B

(5 × 5 = 25)

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

11. (a) How is AI revolutionizing education? Discuss the advantages and challenges of AI-based learning systems.

Or

- (b) Explain the importance of Emotional Intelligence in education. How can teachers and students benefit from higher EI levels?

12. (a) Discuss the concept of selective attention. What factors influence our ability to focus on relevant stimuli while ignoring distractions?

Or

- (b) Discuss the role of attention in shaping consciousness. How does the process of selective attention determine what we become conscious of at any given moment?
13. (a) Describe the process of memory retrieval. What factors influence our ability to retrieve memories accurately, and how do retrieval cues assist in this process?

Or

- (b) Discuss the role of syntax, semantics, and pragmatics in language comprehension.
14. (a) Define problem solving and discuss the key steps involved in the problem-solving process.

Or

- (b) What is the role of incubation in the creative process? How does stepping away from a problem contribute to creative insight?
15. (a) Discuss the relationship between reasoning and emotion. How do emotions affect logical reasoning.

Or

- (b) Explain the role of risk and uncertainty in decision-making.

Part C

(5 × 8 = 40)

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

16. (a) Describe the key principles of the ecological approach to perception. How does it differ from traditional cognitive approaches?

Or

- (b) What are the dangers of AI-generated deep fakes? How can they be detected and prevented?

17. (a) Explain the concept of sensory adaptation and how it can temporarily disrupt perception. Provide examples from daily life.

Or

- (b) Critically evaluate the strengths and limitations of the Gestalt approach to perception.

18. (a) How does the forgetting curve, proposed by Hermann Ebbinghaus, explain the process of forgetting? What factors influence this curve?

Or

- (b) Discuss the process of reading comprehension. What cognitive skills are involved in understanding written text?

19. (a) Discuss the role of overconfidence in problem-solving. How can overestimating one's abilities lead to ineffective solutions?

Or

- (b) How can schools and educational institutions promote creativity in students? Discuss changes needed in traditional education systems.

20. (a) What is the difference between logical reasoning and intuitive reasoning? How do people balance them in daily decisions?

Or

- (b) Compare individual decision-making with group decision-making models. What are the advantages and challenges of each?
-

C-8131

Sub. Code

**70613/
70713/
70813/
70913**

M.Sc. DEGREE EXAMINATION, APRIL 2026

First Semester

THEORIES OF PERSONALITY

**(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. Which of the following personality traits is most likely influenced by heredity?
 - (a) Language preference
 - (b) Eye color
 - (c) Intelligence level
 - (d) Political beliefs
2. In a projective test, the interpretation of the responses is usually:
 - (a) Objective and numerical
 - (b) Standardized across all cultures
 - (c) Subjective and based on expert judgment
 - (d) Completely unrelated to personality

3. Which level of personality is responsible for balancing desires and societal expectations?
- (a) Id
 - (b) Ego
 - (c) Superego
 - (d) Preconscious
4. According to Adler, a person with a superiority complex:
- (a) Lacks ambition and motivation
 - (b) Tries to dominate or belittle others to compensate for feelings of inferiority
 - (c) Is naturally more intelligent than others
 - (d) Focuses only on financial success
5. Which of the following is a defense mechanism against freedom, according to Fromm?
- (a) Creativity
 - (b) Automaton conformity
 - (c) Self-actualization
 - (d) Rationalization
6. Sullivan's interpersonal theory suggests that psychological disorders primarily arise from:
- (a) Internal conflicts within the unconscious mind
 - (b) Disturbed interpersonal relationships and social interactions
 - (c) Genetic predisposition and brain chemistry
 - (d) A lack of self-actualization

7. Which term did May use to describe a state in which a person denies personal responsibility and avoids making choices?
- (a) Authenticity (b) Neurotic anxiety
(c) Alienation (d) Self-actualization
8. Which of the following is NOT one of Allport's three levels of traits?
- (a) Cardinal traits (b) Central traits
(c) Surface traits (d) Secondary traits
9. Which of the following is NOT a key process in observational learning according to Bandura?
- (a) Attention (b) Retention
(c) Motivation (d) Heredity
10. Which of the following is an example of a personal construct?
- (a) Intelligence vs. Ignorance
(b) Positive reinforcement vs. Punishment
(c) Classical conditioning vs. Operant conditioning
(d) Nature vs. Nurture

Part B

(5 × 5 = 25)

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

11. (a) How does culture influence personality development? Discuss with reference to collectivist and individualist cultures.

Or

- (b) Discuss the role of emotional intelligence in shaping personality and interpersonal relationships. How does it contribute to success in different aspects of life?

12. (a) Critically evaluate Freud's psychoanalytic approach. What are its strengths and limitations in explaining human personality and behavior?

Or

- (b) According to Erikson, personality develops throughout the lifespan. Discuss how his theory explains changes in personality beyond childhood, in contrast to Freud's emphasis on early experiences.
13. (a) Discuss the role of social interactions in personality development. How does the interpersonal approach explain the influence of relationships on personality formation?

Or

- (b) Discuss Sullivan's developmental epochs and their role in shaping personality. How does his theory explain changes in personality over a lifetime?
14. (a) How does the existential perspective explain human suffering and the search for meaning in life? Discuss with reference to Rollo May's theory.

Or

- (b) How do trait theories contribute to our understanding of personality stability and change over time?
15. (a) How can social learning theory be applied in educational and therapeutic settings to modify behavior?

Or

- (b) How do cognitive processes influence personality? Discuss the role of perception, memory, and thought patterns in shaping behavior.

Part C

(5 × 8 = 40)

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

16. (a) Explain the advantages and limitations of situational tests in assessing personality. Provide examples of commonly used situational tests.

Or

- (b) Discuss the differences and similarities between Bandura's social learning theory and Skinner's behavioral approach to personality. How do these theories explain human behavior?
17. (a) Explain how anxiety disorders develop according to cognitive-behavioral theories. How can cognitive restructuring be used to treat anxiety?

Or

- (b) Discuss the major criticisms of Alfred Adler's individual psychology. How do modern psychologists evaluate his concepts of inferiority complex and striving for superiority?
18. (a) Define personality structure and discuss how existential and trait theories conceptualize it differently.

Or

- (b) Compare Allport's concept of personality development with the existential view of personal growth and self-actualization.

19. (a) Evaluate the impact of biological and environmental factors on human nature. To what extent do genetics and social experiences shape human behavior?

Or

- (b) Compare the structural models of personality proposed by Freud, Jung (Conscious, Personal Unconscious, Collective Unconscious), and Allport (Cardinal, Central, and Secondary Traits).
20. (a) Evaluate the impact of cognitive approaches on modern psychology. How have these theories contributed to fields like cognitive-behavioral therapy (CBT)?

Or

- (b) Critically assess the strengths and limitations of the cognitive approach to personality. What are its contributions and criticisms?
-

C-8132

Sub. Code

70614/

70714/

70814/

70914

M.Sc. DEGREE EXAMINATION, APRIL 2026

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. Which of the following is a reason for performing a cesarean section?
 - (a) Prolonged labor
 - (b) Baby in breech position
 - (c) Fetal distress
 - (d) All of the above
2. Which prenatal hazard is associated with neural tube defects in the baby?
 - (a) Lack of folic acid
 - (b) Excess protein intake
 - (c) High calcium consumption
 - (d) Overeating during pregnancy

3. Piaget's sensorimotor stage occurs from:
 - (a) Birth to 2 years
 - (b) 2 to 7 years
 - (c) 7 to 11 years
 - (d) 11 years and above

4. Which of the following is a real-world application of Social Learning Theory?
 - (a) Media influence on children's behaviour
 - (b) Classical conditioning in pet training
 - (c) Intelligence testing in schools
 - (d) Memory recall in aging adults

5. How can self-concept be improved?
 - (a) Setting realistic goals
 - (b) Seeking validation from others constantly
 - (c) Ignoring constructive feedback
 - (d) Avoiding new experiences

6. Which cognitive ability improves significantly during puberty?
 - (a) Abstract thinking
 - (b) Short-term memory
 - (c) Motor skills
 - (d) Logical reasoning

7. Which of the following physical changes is typical in middle childhood?
- (a) Rapid hormonal changes
 - (b) Growth spurts and increased muscle coordination
 - (c) Onset of puberty in all children
 - (d) Development of secondary sexual characteristics
8. Which of the following is a function of the placenta during pregnancy?
- (a) Producing eggs
 - (b) Delivering nutrients and oxygen to the fetus
 - (c) Stimulating sperm production
 - (d) Triggering ovulation
9. What is the most common chronic health condition in late adulthood?
- (a) Hypertension
 - (b) Asthma
 - (c) Chickenpox
 - (d) Appendicitis
10. Which cultural practice involves honoring the dead and providing rituals to help with grieving?
- (a) Funeral
 - (b) Meditation
 - (c) Exercise
 - (d) Isolation

Part B

(5 × 5 = 25)

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

11. (a) How do genetic and environmental factors influence prenatal development? Explain.

Or

- (b) Discuss the role of hormones such as oxytocin in labor and delivery.

12. (a) Analyze how unresolved feelings of inferiority in childhood can affect personality development in adulthood.

Or

- (b) How do family, culture, and education influence moral development in children and adolescents?

13. (a) Discuss the impact of media and technology on self-concept formation in adolescents.

Or

- (b) How does peer influence affect self-concept and decision-making in adolescence?

14. (a) How does emotional intelligence contribute to effective leadership and workplace relationships?

Or

- (b) What are the effects of aging on cognitive abilities in middle adulthood, and how can individuals maintain cognitive health?

15. (a) Explain the impact of nutrition and exercise on physical health in late adulthood.

Or

- (b) Discuss the psychological effects of retirement and how individuals adapt to this life transition.

Part C

(5 × 8 = 40)

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

16. (a) What are the maternal and prenatal factors that contribute to low birth weight, and how can they be prevented?

Or

- (b) How does exposure to technology and screen time affect motor development in children?

17. (a) Explain Bandura's Social Learning Theory and its key principles.

Or

- (b) How do culture and social influences shape moral development in children?

18. (a) How does school environment contribute to social development?

Or

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

19. (a) Explain Piaget's Preoperational Stage of Cognitive Development in Early Childhood.

Or

- (b) What is the relationship between emotional intelligence and interpersonal relationships in early adulthood?
20. (a) What impact does anticipatory grief have on individuals who are expecting the death of a loved one?

Or

- (b) What are some common existential fears associated with death, and how can individuals cope with them?
-

C-8133

Sub. Code

**70616/70716/
70816/70916**

M.Sc. DEGREE EXAMINATION, APRIL 2026

First Semester

Psychology

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 the following best defines health psychology?
 - (a) Study of human behavior in social settings
 - (b) Study of how biological, psychological, and social factors influence health and illness
 - (c) Study of mental disorders and their treatment
 - (d) Study of brain functions and neural networks

2. Which model is primarily used in health psychology to understand health and illness?
 - (a) Cognitive-Behavior Model
 - (b) Psychodynamic Model
 - (c) Biopsychosocial Model
 - (d) Socio-cultural Model

3. Which of the following is a primary goal of health behavior promotion?
 - (a) To increase healthcare costs
 - (b) To encourage unhealthy lifestyles
 - (c) To improve overall well-being and prevent disease
 - (d) To reduce the number of healthcare professionals

4. Which of the following is an example of a structural barrier to changing health behavior?
 - (a) Personal motivation
 - (b) Fear of failure
 - (c) Lack of public transportation
 - (d) Knowledge about healthy eating

5. Which of the following is a common ethical issue in pain management?
 - (a) Overprescription of opioids leading to addiction.
 - (b) Under-treatment of pain due to concerns about addiction.
 - (c) Misdiagnosis of the underlying cause of pain.
 - (d) All of the above.

6. Which mechanism is most responsible for the placebo effect in pain management?
 - (a) Endorphin release triggered by the brain's expectation of pain relief.
 - (b) The analgesic properties of the placebo itself.
 - (c) Distraction from the pain by the act of taking medication.
 - (d) Increased blood flow to the pain site.

7. What is a key component in the management of depression in patients with chronic illness?
- (a) Complete avoidance of medications
 - (b) Cognitive-behavioral therapy (CBT)
 - (c) Frequent hospitalization
 - (d) ignoring symptoms of depression
8. Which coping style involves dealing with stress through avoidance or denial?
- (a) Problem-focused coping
 - (b) Emotion-focused coping
 - (c) Avoidant coping
 - (d) Proactive coping
9. Problem-focused coping strategies are best suited for:
- (a) Situations that cannot be controlled
 - (b) Situations where the individual can take direct action
 - (c) Emotional distress
 - (d) Avoiding the stressful situation
10. Which theory suggests that a person's behavior is influenced by their belief in their ability to succeed in specific situations?
- (a) Health Belief Model
 - (b) Theory of Planned Behavior
 - (c) Self-Efficacy Theory
 - (d) Social Cognitive Theory

Part B

(5 × 5 = 25)

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

11. (a) What are the primary goals of health psychology?

Or

- (b) What research methods are commonly used in health psychology to study health behaviors?

12. (a) What interventions are most effective in Promoting physical activity among adolescents?

Or

- (b) What are the barriers to adopting preventive health behaviors, like regular screenings and vaccinations?

13. (a) What are some common symptoms of psychological stress?

Or

- (b) How does traumatic stress impact long-term mental health?

14. (a) How can lifestyle changes contribute to the management of chronic diseases?

Or

- (b) What are the best practices for management of chronic diseases?

15. (a) What are the ethical considerations in using psychological Interventions for pain relief?

Or

- (b) How does health psychology address the psychological impact of chronic pain?

Part C

(5 × 8 = 40)

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

16. (a) How does health psychology address the bio psychosocial model of health?

Or

- (b) In what ways do health psychologists collaborate with other healthcare professionals?

17. (a) How do government policies impact public health behaviors?

Or

- (b) Explain the most effective strategies for promoting healthy behaviors in different age groups?

18. (a) How does the Transactional Model of Stress and Coping explain individual differences in stress responses?

Or

- (b) Calculate the role of social support in stress management according to the Social Support Theory.

19. (a) How can healthcare policies be improved to support chronic disease patients?

Or

- (b) Evaluate the Kulber-Ross theory, also known as the Five Stages of Grief.

20. (a) How does the placebo effect influence clinical trials and the interpretation of treatment efficacy?

Or

- (b) Evaluate some of the latest advancements in Pharmacological treatments for pain, especially in relation to new non-addictive pain medications?
-

C-8134

Sub. Code

**70621/70721/
70821/70921**

M.Sc. DEGREE EXAMINATION, APRIL 2026

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. Who is regarded as a founding figure in applied social psychology due to his work on group dynamics and social change?
 - (a) Abraham Maslow
 - (b) Sigmund Freud
 - (c) Kurt Lewin
 - (d) Carl Rogers

2. Which of the following is a common research method used in applied social psychology?
 - (a) Laboratory experiments in controlled settings
 - (b) Only observational studies
 - (c) Only theoretical analysis
 - (d) Survey and field studies

3. According to research, which of the following is a commonly used indicator to detect deception?
 - (a) Increased hand gestures
 - (b) Reduced blinking
 - (c) Speech rate increase
 - (d) Smiling

4. The theory that explain how individuals infer the causes of their own and other's behaviours is known as
 - (a) Cognitive dissonance theory
 - (b) Self-perception theory
 - (c) Attribution theory
 - (d) Social-learning theory

5. According to bystander effect, individuals are less likely to help when
 - (a) They feel personally responsible
 - (b) There are many other people around who could assist
 - (c) They know the person in need
 - (d) They are alone in the situation

6. Attitudes are formed through which of the following processes?
 - (a) Social learning
 - (b) Reflexive conditioning
 - (c) Emotional reactions only
 - (d) Unconscious behaviour

7. According to social identity theory, prejudice arises from the tendency of people to
- (a) Over estimate the differences within their own group
 - (b) Favor their own group over others
 - (c) Ignore group membership and treat everyone equally
 - (d) Associate with high status groups
8. Which of the following refers to a negative attitude towards individuals based on their group membership?
- (a) Discrimination
 - (b) Prejudice
 - (c) Stereotyping
 - (d) Social identity
9. Which of the following is NOT one of the three major types of leadership styles?
- (a) Autocratic
 - (b) Democratic
 - (c) Transactional
 - (d) Laissez-Faire
10. Which theory of leadership focuses on the leader's ability to motivate followers to achieve extraordinary outcomes through a shared vision?
- (a) Trait theory
 - (b) Contingency theory
 - (c) Transactional leadership theory
 - (d) Behavioural theory

Part B

(5 × 5 = 25)

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

11. (a) Define social-psychology and explain its core areas of study.

Or

- (b) Discuss the historical development of applied social psychology and its major milestones.

12. (a) How can we recognize deception and nonverbal communication?

Or

- (b) Describe the basic sources of error in attribution.

13. (a) Illustrate how attitudes are formed through social learning and explain the attitude behaviour link.

Or

- (b) Elucidate the early approach to persuasion and contrast it with the cognitive approach to persuasion.

14. (a) Describe Tuckman's stages of group development.

Or

- (b) What is group decision-making, and how it affect the outcome of group tasks?

15. (a) Elaborate the impact of gender differences in leadership.

Or

- (b) Explain the role of social psychology in work settings.

Part C

(5 × 8 = 40)

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

16. (a) Illustrate the main research methods used in applied social psychology and their strengths and weaknesses.

Or

- (b) Discuss the definitions of social psychology and applied social psychology and explain their significance in understanding human behaviour in social contexts.

17. (a) Explain the concepts of schemas, heuristics and automated processing in social cognition and discuss the sources of error in social cognition.

Or

- (b) Describe the basic channels of nonverbal communication and how they contribute to social perception.

18. (a) Explicate the factors determining interpersonal attraction and the concept of sociometry in group dynamics.

Or

- (b) Interpret the reasons why people engage in prosocial behaviour and the situational and individual factors that influence helping behaviour.

19. (a) Elucidate the theories of aggression and the environmental factors that contribute to aggressive behaviour.

Or

- (b) Describe the different types of groups and how they are formed.
20. (a) Illustrate the applications of social psychology in health psychology.

Or

- (b) Elaborate the impact of leadership on groups, considering group dynamics and decision-making.
-

C-8135

Sub. Code

**70622/70722/
70822/70922**

M.Sc. DEGREE EXAMINATION, APRIL 2026

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 part of the neuron is responsible for acquiring information?
(a) Dendritic tip (b) Axon
(c) Cell body (d) Synapse
2. Which lobe is primarily responsible for hearing and language?
(a) Temporal (b) Parietal
(c) Frontal (d) Occipital
3. Which structure allows communication between the hemispheres?
(a) Reticular formation
(b) Temporal lobe
(c) Contralateral bridge
(d) Corpus callosum

4. Which is the most common neurotransmitter in the brain?
- (a) Serotonin (b) Glutamate
(c) Dopamine (d) GABA
5. Nissl's granules present in the neurons are made up of
- (a) Protein (b) Ribosome
(c) RNA (d) DNA
6. Part of the brain that helps in regulation and maintenance of muscular activities.
- (a) Cerebellum (b) Midbrain
(c) Cerebrum (d) More than one of the above
7. The Weschler Adult Intelligence scale can be used assess eligibility for
- (a) Housing benefit (b) Disability allowance
(c) Suicide risk (d) Special educational needs
8. Which of the following is an acronym for FMRI?
- (a) Functional mental radioactive imaging
(b) Frequency model rational imaging
(c) Full mental reasoning imaging
(d) Functional magnetic resonance imaging
9. The adult memory and information processing battery is designed to test
- (a) Neurological impairment
(b) Memory function
(c) IQ
(d) Physiological function

10. Which of the following is measured by the Halstead-Reitan Neuropsychological Test Battery?
- (a) Psychological functioning
 - (b) Physiological
 - (c) Neurological
 - (d) Emotional functioning

Part B

(5 × 5 = 25)

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

11. (a) Define neuropsychology. Describe its historical perspective.

Or

- (b) Elucidate any two techniques for measuring brain structure and functions.

12. (a) Narrate the structure and functions of neurons.

Or

- (b) Illustrate the major types of neurotransmitters.

13. (a) Brief the anatomy of Frontal lobe.

Or

- (b) Discuss the disorders affecting in Temporal lobe of brain.

14. (a) Summarize the structure of occipital lobe.

Or

- (b) Describe the disorders affecting in parietal lobes of brain.

15. (a) Explain the goals of Neuropsychological Assessment.

Or

- (b) Highlight the importance of PGI Battery of Brain dysfunctions.

Part C

(5 × 8 = 40)

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

16. (a) Describe the neuro plasticity after brain injury.

Or

- (b) Explain the neuro imaging technique used to study the brain.

17. (a) Describe the electrical activity of neurons.

Or

- (b) Narrate the structure and functions of neurotransmitters.

18. (a) Summarize the symptoms of temporal lobe dysfunction.

Or

- (b) Illustrate the disorder affecting the frontal lobe.

19. (a) Describe the occipital lobe and its functions. Explain the consequences of occipital lobe damage.

Or

- (b) Highlight the symptoms of a parietal lobe stroke.

20. (a) Describe the neuro psychological test for brain damage.

Or

- (b) Discuss the issues in neuropsychological assessment.

C-8136

Sub. Code

70623/

70723/

70823/

70923

M.Sc. DEGREE EXAMINATION, APRIL 2026

Second Semester

PSYCHOMETRY

**(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. The process of developing a test occurs in five stages, beginning with test conceptualization, what is the fifth stage of this process
 - (a) Item analysis
 - (b) Test revision
 - (c) Test tryout
 - (d) Test construction
2. The first step in constructing a psychological test is to
 - (a) Determine the sample size to which the test is administered
 - (b) Review the relevant literature
 - (c) Identify a likely publisher for the test
 - (d) Be clear about the construct or constructs to be assessed with the test

3. Multiple choice tests provide more than two options for each question to overcome the problem of
- (a) Faking
 - (b) Carelessness
 - (c) Defensiveness
 - (d) Guessing
4. An important step in writing items for psychological tests is to
- (a) Pilot test the items with individuals similar to those for whom the test is being developed
 - (b) Provide translations in to other languages
 - (c) Compare the content with existing psychological test
 - (d) Use item writers who are blind to the meaning of the construct being tested
5. Items on a Guttman scale are designed so that
- (a) They range sequentially from weaker to stronger expressions
 - (b) Agreement with weaker statements implies agreement with stronger ones
 - (c) Endorsement of one statement says nothing at all about another
 - (d) They mirror a likert format but allow for more detailed methods of analysis
6. Rating scales are used to record judgments about
- (a) One self
 - (b) Objects
 - (c) Others
 - (d) All of the above
7. Which criterion of the standardised test refers to consistency of test scores
- (a) Validity
 - (b) Reliability
 - (c) Objectivity
 - (d) Usability

8. Items with very high or very low endorsement frequencies generally are
- (a) Poor items (b) Good items
(c) Reliable items (d) Valid items
9. What proportion of scores in a normal distribution lie above a Z score of 1%
- (a) 50 percent (b) 16 percent
(c) 25 percent (d) 10 percent
10. Which of the following is not a linear transformation
- (a) Stanine score (b) T score
(c) Z score (d) Standard score

Part B

(5 × 5 = 25)

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

11. (a) Describe the concept of test construction and standardization.

Or

- (b) Explain the selecting a scaling method in test construction.

12. (a) Narrate the principles of intelligence test construction.

Or

- (b) Illustrate the types of personality inventories in psychology.

13. (a) Brief the important variables for item analysis.

Or

- (b) Demonstrate the item response theory of personality test.

14. (a) Summarize the factors affecting reliability and validity of test scores.

Or

- (b) Describe the special issues in reliability in psychological testing.

15. (a) Explain the types of norms in psychological testing.

Or

(b) Brief the importance of percentile norms in psychological testing.

Part C

(5 × 8 = 40)

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

16. (a) Describe the various steps in psychological test construction.

Or

(b) Explain the characteristics of standardized test.

17. (a) Explain the problems in constructing personality inventories.

Or

(b) Narrate the advantages of multiple choice items in construction of intelligence tests.

18. (a) Summarize item difficulty and item discrimination.

Or

(b) Describe the rules for sampling special groups.

19. (a) Narrate the various steps in item analysis.

Or

(b) Illustrate the different types of validity.

20. (a) Describe the different types of standard scores used in norms referenced testing.

Or

(b) Differentiate criterion referenced test and norm referenced test.

C-8137

Sub. Code

70627/

70727/

70827/

70927

M.Sc. DEGREE EXAMINATION, APRIL 2026

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. The primary aim of behaviour modification is
 - (a) To analyse genetic behaviour
 - (b) To change or reinforce behaviour systematically
 - (c) To explore human emotions
 - (d) To conduct psycho analytic therapy
2. What is the first step in observing and recording behaviour?
 - (a) Selecting recording instrument
 - (b) Defining the target behaviour
 - (c) Choosing a recording method
 - (d) Graphing the data

3. What is generalization in behaviour modification?
- (a) The ability to apply the same response to the variety of stimulate
 - (b) The process of learning to respond to a single stimulus
 - (c) The removal of reinforcement for a specific behaviour
 - (d) The reinforcement of behaviours across multiple settings
4. Which of the following is an example of a conditioned reinforce?
- (a) Money
 - (b) Food
 - (c) Water
 - (d) Sleep
5. What is the primary goal of shapping in behaviour modification?
- (a) To eliminate undesirable behaviours
 - (b) To reinforce successive approximations of a behaviour until the desired behaviour is achieved
 - (c) To teach complex behaviours all at once
 - (d) To punish undesirable behaviour
6. What type of prompt involves using pictures or written instructions to guide behaviour?
- (a) Visual prompt
 - (b) Verbal prompt
 - (c) Physical prompt
 - (d) Gestural prompt

7. What is the goal of differential reinforcement of alternative behaviour (DRA)?
- (a) To decrease the target behaviour by reinforcing incompatible behaviours
 - (b) To reinforce behaviours that are alternatives to the undesirable behaviour
 - (c) To reinforce the absence of behaviour
 - (d) To punish the undesirable behaviour
8. What is the main function of antecedent control strategies?
- (a) To reinforce the target behaviour immediately after it occurs
 - (b) To manipulate the environment to prevent undesirable behaviours
 - (c) To punish the occurrence of undesirable behaviours
 - (d) To increase the occurrence of undesirable behaviours
9. What is the primary goal of systematic desensitization?
- (a) To increase the frequency of target behaviour
 - (b) To reduce anxiety responses to a feared stimulus through gradual exposure
 - (c) To provide immediate reinforcement for desired behaviours
 - (d) To eliminate all negative emotions

10. Cognitive Behaviour Modification (CBM) focuses on
- (a) Changing environmental factors that influence behaviour
 - (b) Modifying individuals emotional responses to stress
 - (c) Altering maladaptive thinking patterns to influence behaviour
 - (d) Implementing a punishment system for undesirable behaviours

Part B

(5 × 5 = 25)

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

11. (a) Define behaviour modification and explain its characteristics.

Or

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

12. (a) Explain stimulus control including discrimination and generalization.

Or

- (b) Define extinction. Discuss the factors influencing extinction.

13. (a) How can shaping be used to establish new behaviour?

Or

- (b) What is task analysis and how is it used in behaviour modification?

14. (a) What is Differential Reinforcement of Other behaviour (DRO)? Describe its application with an example.

Or

- (b) Define Differential Reinforcement of Low Rates of Responding (DRL) and explain when its is used.

15. (a) Describe the components of behavioural contract.

Or

- (b) Explain the advantages and disadvantages of a token economy.

Part C

(5 × 8 = 40)

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

16. (a) Explain the meaning, definition and basic concepts of behaviour.

Or

- (b) Explain Functional Behavioural Analysis (FBA) and its significance.

17. (a) What are conditioned and unconditioned reinforcers? Provide examples and explain their role in behaviour modification.

Or

- (b) Explain the concepts of escape and avoidance in behaviour modification. How do they differ from each other? Provide examples?

18. (a) What is chaining and how is it used to teach complex behaviours?

Or

- (b) What are prompting and fading techniques and how are they used in behaviour modification?

19. (a) Discuss the role of punishment in behaviour modification. Differentiate between positive and negative punishment. Provide examples.

Or

- (b) Explain Differential Reinforcement of Alternative behaviour (DRA) in detail. How does it help in behaviour modification? Provide an example.

20. (a) Compare and Contrast Systematic Desensitization and Vivo Desensitization.

Or

- (b) What is Cognitive Behaviour Modification? Explain its significance and techniques.
-

C-8138

Sub. Code

**70628/70728/
70828/70928**

M.Sc. DEGREE EXAMINATION, APRIL 2026

Second Semester

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

COMMUNITY MENTAL HEALTH

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which of the following is a principle of community mental health?
 - (a) Treatment in isolation
 - (b) Emphasis on long-term hospitalization
 - (c) Integration into the community
 - (d) Ignoring cultural factors

2. Which mental health professional is most commonly involved in community mental health?
 - (a) Cardiologist
 - (b) Psychiatrist
 - (c) Dermatologist
 - (d) Radiologist

3. What is the main advantage of mobile mental health units in underserved areas?
 - (a) They offer long-term inpatient care
 - (b) They provide quick access to mental health support in remote communities
 - (c) They focus only on physical health problems
 - (d) They are exclusively for urban populations

4. Peer support networks are most effective in
 - (a) Reducing stigma and providing emotional support
 - (b) Replacing professional mental services
 - (c) Isolating individuals with mental health issues
 - (d) Providing physical health care

5. Which organization is a key global resource for mental health guidelines and tools
 - (a) World Health Organization (WHO)
 - (b) World Trade Organization (WTO)
 - (c) United Nations Development Programme (UNDP)
 - (d) International Monetary Fund (IMF)

6. Which tool is commonly used to deliver mental health interventions in rural areas?
- (a) Mobile health clinics
 - (b) Intensive care units
 - (c) Corporate wellness programs
 - (d) Academic research papers
7. Which cultural practice can be used as a resource in community mental health?
- (a) Isolation of affected individuals
 - (b) Community rituals and group discussions
 - (c) Ignoring traditional healing practices
 - (d) Standardized medical approaches only
8. What is an example of incorporating cultural sensitivity into mental health intervention?
- (a) Using culturally appropriate language and practices
 - (b) Providing universal services without cultural adaptation
 - (c) Relying solely on standardized global approaches
 - (d) Ignoring the community's cultural background
9. What is the first step in planning a community mental health intervention?
- (a) Identifying stakeholders
 - (b) Conducting a need assessment
 - (c) Implementing the intervention
 - (d) Evaluating the intervention

10. Which of the following strategies can be used to increase community involvement in a mental health intervention?
- (a) Engaging local leaders and organizations
 - (b) Offering financial incentives for participation
 - (c) Using mass media exclusively
 - (d) Limiting participation to mental health professionals

Part B

(5 × 5 = 25)

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

11. (a) Define a community and its importance.

Or

- (b) List out the challenges in addressing mental health issues holistically.

12. (a) Describe types of stigma affecting individuals with mental health issues.

Or

- (b) Explain the advantages of using digital tools for mental health interventions.

13. (a) Write the concept of “Implementation fidelity”.

Or

- (b) Write the role of stakeholders analysis in implementation.

14. (a) Explain the key resources required to plan a successful mental health intervention in the community.

Or

- (b) Discuss the role of cultural competence play in planning a mental health intervention.
15. (a) How does culture influence the design and implementation of community interventions?

Or

- (b) Discuss the methods used for engaging stakeholders in community-based projects.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the importance of community participation in addressing health issues in communities.

Or

- (b) Describe the social, economic and cultural factors contributing to mental health issues in communities.
17. (a) Discuss the significance of non-traditional interventions such as art therapy or digital health tools in community mental health.

Or

- (b) Explain the importance of participatory and co-designed interventions in addressing unique community mental health challenges.

18. (a) Evaluate the significance of data collection and management tools in monitoring the progress of community interventions.

Or

- (b) Describe the challenges and solutions in measuring the success of community-based health programs.
19. (a) Analyze the key steps involved in scaling up community interventions while maintaining quality and fidelity.

Or

- (b) Explain the importance of continuous quality improvement (CQI) in the evaluation of community-based programs.
20. (a) Discuss the role of capacity building such as training and skill development in ensuring the success of mental health interventions.

Or

- (b) Describe the role of a needs assessment in identifying priorities for community mental health intervention.
-

C-8139

Sub. Code

**70631/70731/
70831/70931**

M.Sc. DEGREE EXAMINATION, APRIL 2026

Third Semester

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 focus of individual counselling?
 - (a) To focus on the dynamics of group behaviour
 - (b) To help the individual explore personal issues and feelings in a one-on-one setting
 - (c) To address community wide issues and social challenges
 - (d) To evaluate the progress of a team or organisation
2. How does counselling relate to social work practice?
 - (a) Counselling is unrelated to social work practice
 - (b) Social workers use counselling to help individuals groups and communities with social issues
 - (c) Social workers focus only on administrative tasks, not counselling
 - (d) Social work practice only includes intervention in legal matters, not personal counselling

3. Which theory is most associated with the humanistic approach in counselling
 - (a) Rational Emotive Behaviour Therapy (REBT)
 - (b) Client-centered therapy
 - (c) Cognitive-Behavioural Therapy (CBT)
 - (d) Psychoanalysis

4. Which therapeutic approach focuses on the clients inner world and unconscious conflicts?
 - (a) Cognitive-behavioural therapy
 - (b) Gestalt therapy
 - (c) Psychodynamic therapy
 - (d) Humanistic therapy

5. Compassion fatigue refers to
 - (a) The loss of interest in clients issues
 - (b) Physical exhaustion resulting from excessive empathy and emotional involvement
 - (c) A negative attitude towards clients
 - (d) The inability to express empathy

6. A counsellor's values and beliefs should
 - (a) Always align with the client's perspective
 - (b) Be explored, but not imposed on clients
 - (c) Be hidden from the client for professional distance
 - (d) Define the outcomes of the therapy

7. What is the primary goal of the counseling skill known as attending?
- (a) To provide advice
 - (b) To actively listen and demonstrate understanding
 - (c) To give feed back
 - (d) To ask probing questions
8. In counselling, which technique is most closely associated with building a strong emotional connection or bond with the client?
- (a) Solution focused questions
 - (b) Reflective listening
 - (c) Therapeutic confrontation
 - (d) Cognitive restructuring
9. What is the primary role of a career counsellor in an education setting?
- (a) To help students choose appropriate career paths based on their interests and skills
 - (b) To provide financial aid guidance
 - (c) To organise extra curricular activities
 - (d) To conduct academic assessments
10. In fertility management counselling which aspect is primarily addressed?
- (a) Financial planning for medical treatment
 - (b) Helping individuals and couples understand fertility options
 - (c) Organising fertility related social events
 - (d) Choosing the best fertility medication

Part B

(5 × 5 = 25)

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

11. (a) Discuss the sociological and philosophical implications of counselling.

Or

- (b) What are the characteristics of client seeking counselling?

12. (a) Discuss the core concepts and therapeutic applications of family therapy.

Or

- (b) Describe the existential approach to counselling.

13. (a) What is burn out and how can it impact a professional counsellors work?

Or

- (b) Explain the concept of wellness and self-care for professional counsellors and its significance in the counselling profession.

14. (a) Explain the role of psychodrama and expressive Arts therapy in counselling.

Or

- (b) What are the key ingredients of the counselling relationship and why are they important?

15. (a) Discuss the role of addiction counselling in helping individuals overcome substance use disorders.

Or

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

Part C

(5 × 8 = 40)

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

16. (a) Discuss the historical development of counselling.

Or

- (b) Describe the principles and ethical standards of counselling practice.

17. (a) Illustrate the Cognitive-Behavioural Therapy (CBT) approach in counselling.

Or

- (b) Discuss the gestalt approach to counselling.

18. (a) Explain the personal qualities and attributes that are essential for a professional counsellor.

Or

- (b) What are the challenges of a vicarious trauma and compassion fatigue for professional counsellors and how can they be managed?

19. (a) Discuss the role of mindfulness, positive psychology and solution-focused therapy in the counselling process.

Or

- (b) How do techniques such as meditation, yoga and movement therapies contribute to the healing process in counselling?
20. (a) Describe the focus of gerontological counselling and how it addresses the unique challenges of older adults.

Or

- (b) Explain how disaster and grief counselling helps individuals cope with the psychological impact of traumatic events and loss.
-

C-8140

Sub. Code

**70632/70732/
70832/70932**

M.Sc. DEGREE EXAMINATION, APRIL 2026

Third Semester

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. Which of the following is a characteristic of scientific attitude?
 - (a) Dogmatism
 - (b) Open-mindedness
 - (c) Prejudice
 - (d) Bias

2. What are assumptions in research?
 - (a) Statements that are taken for granted
 - (b) Statements that are proven to be true
 - (c) Statements that are based on evidence
 - (d) Statements that are based on opinion

3. What is the primary method of data collection in qualitative research?
 - (a) Survey
 - (b) Interview
 - (c) Observation
 - (d) Experiment

4. Which of the following is a type of variable?
 - (a) Independent variable
 - (b) Dependent variable
 - (c) Control variable
 - (d) All the above
5. What is the primary purpose of descriptive statistics?
 - (a) To make inferences about a population
 - (b) To summarize and describe a dataset
 - (c) To test hypotheses
 - (d) To predict outcomes
6. What is the purpose of reporting research findings?
 - (a) To prove a hypothesis
 - (b) To share knowledge with others
 - (c) To gain recognition
 - (d) To make recommendations
7. What is a hypothesis?
 - (a) A statement of fact
 - (b) An educated guess
 - (c) A research questions
 - (d) A conclusion
8. What is the purpose of a pilot survey?
 - (a) To test the Questionnaire
 - (b) To select a sample
 - (c) To collect data
 - (d) To analyze data
9. Which of the following is a type of validity?
 - (a) Face validity
 - (b) Content validity
 - (c) Construct validity
 - (d) All the above

10. What is the primary application of statistics in social work research?
- (a) To predict outcomes
 - (b) To identify cause-and-effect relationships
 - (c) To understand and describe social phenomena
 - (d) To test hypotheses

Part B

(5 × 5 = 25)

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

11. (a) What are the importance of social work research? Explain.

Or

- (b) Explain the concept of hypothesis and describe its types.

12. (a) Define Qualitative research and explain its significance in social sciences.

Or

- (b) Describe the different types of variables.

13. (a) Explain the concept of standards deviation.

Or

- (b) Describe the different types of research tools used in data collection.

14. (a) Explain the difference between probability and non- probability sampling in survey research.

Or

- (b) Describe the different types of validity.

15. (a) Explain the purpose of the chi-square test.

Or

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

Part C

(5 × 8 = 40)

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

16. (a) Discuss the different types of research designs.

Or

- (b) Describe the different types of hypotheses, including null and alternative hypotheses.

17. (a) Define Qualitative research and explain its significance in social sciences.

Or

- (b) Explain the concept of a code book and its importance in data analysis.

18. (a) Explain the concept of measures of central tendency and describe the differences between mean, median and mode.

Or

- (b) Outline the steps involved in the scientific method and explain the significance of each step.

19. (a) Explain the process of developing a research tool, including Questionnaire design and pilot testing.

Or

- (b) Discuss the relationship between Qualitative and Quantitative research.

20. (a) Describe the role of interviews in Qualitative research, including types of interviews.

Or

- (b) Explain the importance of diagrammatic and graphic presentation in data analysis.

C-8141

Sub. Code

**70633/70733/
70833/70933**

M.Sc. DEGREE EXAMINATION, APRIL 2026

Third Semester

TRAINING AND DEVELOPMENT

(2023 onwards)

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

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the primary goal of development in an organization?
 - (a) To improve employee performance
 - (b) To increase employee satisfaction
 - (c) To enhance employee skills and abilities
 - (d) To achieve organisational objectives

2. Which of the following is a method of data collection for needs assessment?
 - (a) Survey
 - (b) Interview
 - (c) Observation
 - (d) All of the above

3. Which principle of learning states that learning is more effective?
- (a) Primary principle
 - (b) Recency principle
 - (c) Reinforcement principle
 - (d) Relevance principle
4. What is the primary purpose of gauging group dynamics?
- (a) To assess the knowledge of participants
 - (b) To evaluate the effectiveness of the training
 - (c) To create a positive learning environment
 - (d) To provide feedback to participants
5. Which of the following is one of Kirkpatrick's four levels of evaluation?
- (a) Reaction
 - (b) Learning
 - (c) Behavior
 - (d) All the above
6. _____ is an essential skill for a trainer.
- (a) Communication skills
 - (b) Leadership skills
 - (c) Technical skills
 - (d) All the above

7. SMART stand for
- (a) Specific, measurable, Achievable, Relevant, Time - Bound
 - (b) Specific, manageable, Attainable, Realistic, timely
 - (c) Specific, measurable, Actionable, Relevant, Trackable
 - (d) Specific, measurable, Achievable, Realistic, terminal
8. What is the primary purpose of brain storming?
- (a) To evaluate ideas
 - (b) To generate a large number of ideas
 - (c) To prioritize
 - (d) To implement and evaluate the chosen solution
9. The purpose of using transitions in a training programme is
- (a) To confuse participants
 - (b) To provide a clear and logical flow of information
 - (c) To waste time
 - (d) To provide too much information at once
10. What is the first step in the ROI process?
- (a) Data collection
 - (b) Data Analysis
 - (c) Evaluation planning
 - (d) ROI calculations

Part B

(5 × 5 = 25)

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

11. (a) Define training and development and explain the differences between them.

Or

- (b) Explain the importance of conducting a needs assessment in training programme development.

12. (a) Explain the advantages and disadvantages of on-the-job training.

Or

- (b) Discuss the four training skills and their importance in conducting an effective training programme.

13. (a) Describe the purpose of evaluating a training programme.

Or

- (b) Explain the stages of the learning process in training.

14. (a) Analyze ethical considerations that trainers should be mindful of when conducting training programs.

Or

- (b) Describe the lecture method of training and its advantages and disadvantages.

15. (a) Explain the importance of using multiple evaluation methods.

Or

- (b) Describe how ROI analysis helps organization make informed decision about training investments.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the nature and scope of training and development in an organizational context.

Or

- (b) Describe the process of task analysis in training programme development.

17. (a) Explain how to design effective participation materials that promote active learning.

Or

- (b) Discuss how to handle difficult Questions from participants and provide strategies for encouraging participants to ask Questions.

18. (a) Discuss the advantages and disadvantages of each methods and provide examples of how each method can be used.

Or

- (b) Describe the simulation and business game methods of training and their advantages and disadvantages.

19. (a) Explain the case study method of training and its advantages and disadvantages.

Or

- (b) Describe the ROI process and its benefits.

20. (a) Discuss the guidelines for preparing a training module. Explain the importance of a training module.

Or

- (b) Explain the factors that influence the learning process and how trainers can facilitate learning.
-

C-8142

Sub. Code

**70636/70736/
70836/70936**

M.Sc. DEGREE EXAMINATION, APRIL 2026

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 fields of psychology is most closely related to positive psychology?
 - (a) Clinical psychology
 - (b) Developmental psychology
 - (c) Health psychology
 - (d) Social psychology

2. Which of the following is a component of subjective well-being?
 - (a) Emotional well-being
 - (b) Social well-being
 - (c) Psychological well-being
 - (d) All the above

3. How do personal goods contribute to well-being?
 - (a) By promoting positive emotions and life satisfaction
 - (b) By reducing stress and anxiety
 - (c) By increasing self-esteem and confidence
 - (d) All of the above

4. Which of the following is NOT one of the 12 stages of life?
 - (a) Infancy
 - (b) Old age
 - (c) Adolescence
 - (d) Retirement

5. What is the primary focus of the death and dying stage?
 - (a) Acceptance
 - (b) Closure
 - (c) Reflection
 - (d) All of the above

6. How does positive psychology differ from clinical psychology?
 - (a) Positive psychology focuses on mental illness
 - (b) Positive psychology focuses on mental health
 - (c) Positive psychology is focused on research
 - (d) Positive psychology is focused on theory

7. Which of the following is a component of subjective well-being?
 - (a) Emotional well-being
 - (b) Social well-being
 - (c) Psychological well-being
 - (d) All of the above

8. Which of the following is a key aspect of middle age development?
- (a) Re-evaluating life priorities
 - (b) Developing emotional wisdom
 - (c) Building social connections
 - (d) All the above
9. _____ is a key aspect of the birth stage of life?
- (a) Self-awareness
 - (b) Motor skills
 - (c) Hope
 - (d) Language development
10. Which of the following is a key challenges of early adulthood?
- (a) Establishing a career
 - (b) Forming intimate relationships
 - (c) Developing emotional stability
 - (d) All the above

Part B

(5 × 5 = 25)

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

11. (a) Briefly explain the relationship between positive psychology and developmental psychology.

Or

- (b) Explain the concept of well-being and positive and Negative functions of well-being in our lives.

12. (a) Describe how personal goods can express fundamental values.

Or

- (b) Discuss the role of "hope" in the birth stage of life.
13. (a) Explain the significance of enterprise in early adulthood.

Or

- (b) Discuss how positive psychology can inform developmental psychology.
14. (a) Briefly explain the concept of subjective well-being and its three components.

Or

- (b) Explain the relationship between materialism and discontent.
15. (a) Discuss the role of "playfulness" in the early childhood stage of life.

Or

- (b) Explain the concept of wisdom in late adulthood.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the relationship between positive psychology and clinical psychology. Explain how positive psychology can influence clinical practice, particularly in the treatment of mental illness.

Or

- (b) Explain the concept of subjective well-being, including its emotional, social and psychological components.

17. (a) How personal goods can express fundamental values, such as honesty, Kindness and fairness.

Or

- (b) Discuss the significance and contribution of ingenuity in the late childhood stage of life.

18. (a) Explain the concept of contemplation in middle age, highlighting its role in promoting self-reflection and life satisfaction.

Or

- (b) Discuss the implications of this relationship for promoting physical and mental health.

19. (a) Describe the concept of the lighter side of close relationships, including its characteristics and implication for well being.

Or

- (b) Define self-regulation and explain its role in personal goal pursuit.

20. (a) Explain the concept of imagination in the middle childhood stage of life.

Or

- (b) Discuss the role of positive psychology in counselling and psychotherapy, highlighting its potential benefits and applications.
-

C-8143

Sub. Code

**70637/70737/
70837/70937**

M.Sc. DEGREE EXAMINATION, APRIL 2026

Third Semester

Psychology

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. Social marketing campaigns typically aim at:
 - (a) Increase individual sales of a product
 - (b) Change behaviors that have a positive impact on society
 - (c) Promote the interests of private corporations
 - (d) Focus on advertising within a specific geographical area

2. Social change refers to:
 - (a) Long-term alterations in societal norms, values, and structures
 - (b) Temporary shifts in individual behavior
 - (c) Changes that occur only within small communities
 - (d) The economic development of a country

3. What is “audience segmentation” in social marketing?
 - (a) Dividing a market into equal parts
 - (b) Sending a uniform message to everyone
 - (c) Ignoring differences between audiences
 - (d) Grouping people based on similar characteristics to tailor messages

4. A well-defined social marketing plan should:
 - (a) Be flexible and adaptable to audience needs
 - (b) Be rigid and follow a fixed format
 - (c) Focus only on promotional tactics
 - (d) Ignore feedback from the target audience

5. In social marketing, a “product” can be:
 - (a) A tangible good only
 - (b) Only a government policy
 - (c) A behavior, service, or idea
 - (d) An expensive commercial item

6. Which of the following best defines “negative demand”?
 - (a) Demand that exceeds supply
 - (b) Demand for a product that consumers actively avoid
 - (c) Demand that fluctuates seasonally
 - (d) Demand that remains constant over time

7. What is a key challenge in marketing social services?
- (a) Resistance to behavior change
 - (b) Lack of competition
 - (c) High demand for social services
 - (d) Abundance of financial resources
8. Which of the following is an example of a distribution channel for a social product?
- (a) Social media awareness campaigns
 - (b) Health clinics distributing free vaccines
 - (c) Government policies on behavior change
 - (d) Television advertisements promoting a social cause
9. In the Power Politics Approach, power is often defined as:
- (a) The ability to force others to act against their will
 - (b) A tool used only in international relations
 - (c) A legal right granted by a government
 - (d) The capacity to influence or control others' decisions and actions
10. What is a common challenge in participatory adoption?
- (a) Lack of interest from stakeholders
 - (b) Completely eliminating the need for expert knowledge
 - (c) Ensuring equal participation from diverse groups
 - (d) Avoiding any form of public involvement

Part B

(5 × 5 = 25)

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

11. (a) Bring the key components of a successful social campaign.

Or

- (b) How does social marketing influence consumer behavior? Explain.

12. (a) Differentiate a social marketing plan from a traditional marketing plan.

Or

- (b) Analyze the role communication channels to devise social marketing strategies.

13. (a) Bring out the difference between tangible product base and intangible product base.

Or

- (b) How does publicity play a role in social marketing strategies? Narrate.

14. (a) How do social marketing services contribute to behavior change? Describe.

Or

- (b) How does positioning a social product differ from a commercial product? Explain.

15. (a) Describe the concept of power politics evolved over time.

Or

- (b) Explain the strategies for mobilizing influence groups.

Part C

(5 × 8 = 40)

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

16. (a) Elaborate the role of segmentation in social marketing campaigns.

Or

- (b) Suggest some tools and frameworks for business problem-solving.

17. (a) How do you adapt and respond to unforeseen circumstances during execution of marketing plan? Describe.

Or

- (b) How can short-term and long-term objectives be balanced in a social marketing plan? Explain.

18. (a) How do demographic and psychographic factors influence social product design? Illustrate.

Or

- (b) Elaborate on different types of demand with suitable examples.

19. (a) How do social marketing services incorporate the 4Ps? Elaborate.

Or

- (b) How does culture and socio-economic status affect the positioning of a social product? Describe.

20. (a) Analyze the role of education and awareness in participatory adoption.

Or

- (b) Describe the role of product sampling, contests and continuity programs in social marketing.
-

C-8144

Sub. Code

70625

M.Sc. DEGREE EXAMINATION, APRIL 2026

Second Semester

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

THEORIES AND SKILLS OF COUNSELLING

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. What is counseling primarily focused on?
 - (a) Solving personal issues
 - (b) Treating mental illnesses
 - (c) Offering financial advice
 - (d) Providing legal advice

2. Which of the following is not a principal of counseling?
 - (a) Confidentiality
 - (b) Non-Judgmental attitude
 - (c) Imposing personal beliefs
 - (d) Empathy

3. Who is the founder of the psychoanalytic model?
 - (a) Carl Rogers
 - (b) Sigmund Freud
 - (c) Gerard Egan
 - (d) Abraham maslow

4. The skilled helper model by Gerard Egan Emphasizes
 - (a) Solving unconscious conflicts
 - (b) Structured problem - solving in three stages
 - (c) Behavioral modification
 - (d) Integrating multiple approaches

5. What is the focus of the Barefoot counselor model?
 - (a) High-costing therapy
 - (b) Community - based counseling
 - (c) Psychoanalysis
 - (d) Advanced psychotherapeutic techniques

6. Why is counseling particularly needed in the Indian context
 - (a) Increasing urbanization and associated stress
 - (b) High literacy rates
 - (c) Decreasing family values
 - (d) Lack of cultural diversity

7. Which of the following is a fundamental skill of a counselor
- (a) Genuineness
 - (b) Manipulation
 - (c) Judgmental attitude
 - (d) Advising only
8. Advanced empathy focuses on
- (a) Surface emotions only
 - (b) Exploring deeper, unspoken emotions
 - (c) Avoiding emotional insights
 - (d) Building self-disclosure
9. The verbatim model in record - keeping focuses on
- (a) Summarizing sessions
 - (b) Recording detailed word - for - word accounts of interactions
 - (c) Analyzing client behaviour outside sessions
 - (d) Generalized client notes
10. What is a key benefit of monitoring in therapy?
- (a) Reduces the need for documentation
 - (b) Tracks therapeutic effectiveness and client progress
 - (c) Eliminates ethical concerns
 - (d) Replaces the need for supervision

Part B

(5 × 5 = 25)

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

11. (a) Explain the history of counseling and its roots in educational guidance.

Or

- (b) Discuss the scope of counseling in emotional and career guidance.

12. (a) Describe the role of empathy in Carl Rogers client-Centered model.

Or

- (b) Discuss the stages of Gerard Egan's skilled helper model.

13. (a) Explain the importance of counseling and psychotherapy in the Indian context.

Or

- (b) Describe Barefoot counselor model. Highlight its relevance in community - based interventions.

14. (a) Define genuineness and explain its importance in the counseling process.

Or

- (b) Explain the concept of caring conformation in counseling.

15. (a) Describe the importance of maintaining records in counseling the psychotherapy.

Or

- (b) Differentiate between the verbatim model and log model of record keeping.

Part C

(5 × 8 = 40)

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

16. (a) Describe the difference between advice, guidance, counseling and psychotherapy with examples.

Or

- (b) Explain the scope of counseling in various fields like education, career and mental health.

17. (a) Discuss in detail Freud's psychoanalytic model including its techniques and application.

Or

- (b) Explain Carl Rogers non-directive client - centered model and its relevance in modern counseling.

18. (a) Discuss the importance and challenges of integrating cultural sensitivity in counseling and psychotherapy.

Or

- (b) Explain the relevance of community - based counseling approaches like Bare foot counselor model in rural areas of India.

19. (a) Evaluate the importance of self care for counselors code of ethics and its relevance to effective practice.

Or

- (b) Explain the significance of concreteness in counseling and its impact problem resolution.

20. (a) Write a detailed note on the concept of "healed healers" and its significance in therapeutic practices.

Or

- (b) Discuss the importance of skill practice in study groups and how it prepares counselors for-real-world scenarios.
-

C-8145

Sub. Code

70626

M.Sc. DEGREE EXAMINATION, APRIL 2026.

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. What is psychotherapy?
 - (a) A medical treatment involving medication
 - (b) A form of treatment that address emotional, psychological or behavioural issues through conversation
 - (c) A surgical procedure to treat mental disorders
 - (d) None of the above

2. What is the key principle of psychodynamic therapy?
 - (a) Focus on present behaviours and thoughts
 - (b) The unconscious mind influence behaviour
 - (c) Emphasizing medication over talk therapy
 - (d) Eliminating unwanted behaviours through conditioning

3. Which of the following is a major ethical consideration in psychotherapy and counselling?
- (a) Ignoring cultural background
 - (b) Ensuring confidentiality
 - (c) Giving personal opinions on the client's problems
 - (d) Prescribing medication without a psychiatrist's approval
4. What is the purpose of psychotherapeutic devices?
- (a) To manipulate clients into changing their behaviours
 - (b) To help clients express thoughts, emotions and unconscious conflicts
 - (c) To replace traditional psychotherapy
 - (d) To provide immediate cures for psychological disorders
5. In psycho analysis, what is the term for redirecting feelings from a past relationship on to the therapist?
- (a) Transference (b) Projection
 - (c) Sublimation (d) Displacement
6. Carl Rogers emphasized the importance of
- (a) The therapist being an authority figure
 - (b) Unconditional positive regard and empathy
 - (c) Free association and dream analysis
 - (d) Operant conditioning

7. Cognitive restructuring primarily aims to
- (a) Replace negative and irrational thoughts with more balanced and rational ones
 - (b) Suppress all emotions related to past experiences
 - (c) Reinforce maladaptive behaviours to understand them better
 - (d) Encourage free association and dream interpretation
8. Beck's cognitive triad includes negative thoughts about
- (a) The past, present and future
 - (b) Society, family and career
 - (c) Oneself, the world and the future
 - (d) Thoughts, emotions and behaviours
9. Which of the following techniques is not commonly used in ACT?
- (a) Cognitive defusion
 - (b) Mindfulness
 - (c) Exposure therapy
 - (d) Dream analysis
10. DBT was originally designed to treat
- (a) Depression
 - (b) Borderline personality disorder
 - (c) Schizophrenia
 - (d) Generalized anxiety disorder

Part B

(5 × 5 = 25)

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

11. (a) How is technology shaping the future of psychotherapy?

Or

- (b) Describe the essential qualities of an effective psychotherapist.

12. (a) Distinguish between psychotherapy and counselling.

Or

- (b) What is catharsis and how does it contribute to emotional healing in psychotherapy?

13. (a) Describe the core principles of psychoanalytic therapy.

Or

- (b) How does the humanistic approach emphasize the therapist-client relationship?

14. (a) Compare REBT and Beck's cognitive therapy in terms of approach and techniques.

Or

- (b) Explain the stages of self-instructional training.

15. (a) How does the triplex model integrate the six core processes of ACT?

Or

- (b) Explain the concept of dialectics and its role in DBT.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the professional issues in psychotherapy.

Or

- (b) Examine the role of psychotherapy in addressing contemporary mental health challenges such as stress, anxiety and depression.

17. (a) Analyze the importance of cultural competence in psychotherapy.

Or

- (b) Explain the tools and techniques that are commonly used in different psychotherapy approaches.

18. (a) Discuss the contributions of neo-freudians to modern psychotherapy.

Or

- (b) Explain the role played by self-concept in Rogerian therapy.

19. (a) Explore the main techniques used in cognitive restructuring to modify maladaptive thoughts.

Or

- (b) Explain how cognitive behaviour modification can be used in treating disorders such as anxiety, depression or phobias.

20. (a) Analyze the significance of acceptance and mindfulness in Act.

Or

(b) Elaborate the functions of comprehensive dialectic behaviour therapy.

C-8146

Sub. Code

70634

M.Sc. DEGREE EXAMINATION, APRIL 2026.

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. Which of the following is NOT a common technique used in couples therapy?
 - (a) Role-playing
 - (b) Mindfulness exercises
 - (c) Flooding intervention
 - (d) Communication skill-building

2. Which of these tools is commonly used to assess couple dynamics?
 - (a) Cognitive behaviour scale
 - (b) Relationship satisfaction inventory
 - (c) Stress diagnostic scale
 - (d) Family tree analysis

3. A genogram is a tool used in family therapy to
 - (a) Measure family satisfaction
 - (b) Map family relationships across generations
 - (c) Diagnose individual disorders
 - (d) Track progress in treatment plans

4. Which ethical concern is particularly relevant in family therapy?
 - (a) Confidentiality among family members
 - (b) Providing medication for mental disorders
 - (c) Ensuring attendance in all sessions
 - (d) Diagnosing psychological disorders

5. Preparing a group for the therapy process involves
 - (a) Screening members and setting ground rules
 - (b) Conducting individual assessments only
 - (c) Focusing on immediate problem-solving
 - (d) Avoiding discussions about expectations

6. One of the primary ethical concerns in group therapy is
 - (a) Conflicts among group members
 - (b) Protecting confidentiality within the group
 - (c) Selecting group members with similar goals
 - (d) Managing time effectively

7. In narrative therapy, the therapist's primary goal is to
 - (a) Rewrite the client's determinant, problem-saturated stories
 - (b) Analyze family dynamics
 - (c) Provide direct advice for problem-solving
 - (d) Promote cognitive restructuring

8. What assumptions underpins narrative therapy?
 - (a) Personal identity is shaped by individual choices
 - (b) Personal narratives are influenced by broader cultural and social contexts
 - (c) Therapy should focus on diagnosing specific mental illness
 - (d) Unconscious process dictate human behaviour

9. A primary application of mindfulness in therapy is
 - (a) Treating acute infections
 - (b) Reducing stress and anxiety
 - (c) Improving physical endurance
 - (d) Enhancing memory call

10. Which mindfulness based practice is widely used in managing chronic pain and stress?
 - (a) Mindfulness-Based Stress Reduction (MBSR)
 - (b) Dialectical Behaviour Therapy (DBT)
 - (c) Rationale Emotive Therapy (RET)
 - (d) Progressive Muscle Relaxation (PMR)

Part B

(5 × 5 = 25)

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

11. (a) How do therapists typically assess problems in relationship during the initial sessions?

Or

- (b) Outline the key components of a treatment plan for improving relational intimacy.

12. (a) What are the core principles of the narrative approach to family therapy?

Or

- (b) What are the essential skills required for an effective family therapist?

13. (a) Explain the criteria used for selecting client for group therapy.

Or

- (b) Briefly explain the ethical considerations in maintaining confidentiality during group therapy.

14. (a) Describe the basic process of EMDR therapy.

Or

- (b) Discuss the importance of co-construction of meaning in social constructionism.

15. (a) Discuss the role of body scan meditation in mindfulness practice.

Or

- (b) Explain the significance of non-judgemental awareness in mindfulness.

Part C

(5 × 8 = 40)

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

16. (a) Compare and contrast different techniques used in working with couples in therapy.

Or

- (b) How can treatment plans be designed to address long-standing relational conflicts effectively?

17. (a) Evaluate the ethical considerations in family therapy with examples of maintaining confidentiality.

Or

- (b) Compare and contrast the systematic approach with the narrative approach in family therapy.

18. (a) Explain the steps involved in preparing a group for therapy and ensuring a productive environment.

Or

- (b) Discuss the importance of client selection in group therapy and its impact on group outcomes.

19. (a) Critically evaluate the effectiveness of postmodern therapies in addressing diverse client issues.

Or

- (b) Explore the techniques used in SFTBT and discuss their relevance in short-term therapy.

20. (a) Evaluate the application of mindfulness in managing mental health conditions like depression and anxiety.

Or

- (b) Discuss the challenges and benefits of incorporating mindfulness into daily routines.
-

C-8147

Sub. Code

70635

M.Sc. DEGREE EXAMINATION, APRIL 2026.

Third Semester

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

MODERN TRENDS & TECHNIQUES IN COUNSELLING

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. A core principle of self-psychology involves _____
 - (a) Idealized goals
 - (b) Empathic attunement
 - (c) Structured environments
 - (d) Behavioural corrections

2. One criticism of self-psychology is _____
 - (a) Over emphasis on biological factors
 - (b) Lack of empirical evidence
 - (c) Excessive cultural generalizations
 - (d) Incompatibility with psychotherapy

3. Expressive art therapy is most effective for _____
- (a) Enhancing logical reasoning
 - (b) Emotional regulation and trauma recovery
 - (c) Teaching artistic skills
 - (d) Diagnosing psychological disorders
4. Activities in expressive art therapy often include _____
- (a) Musical interpretation, drawing and roleplay
 - (b) Physical conditioning exercise
 - (c) Logic-based problem solving
 - (d) Standardized test analysis
5. Narrative therapy helps clients by _____
- (a) Resolving familial conflicts
 - (b) Re-authoring personal stories
 - (c) Analyzing social environments
 - (d) Providing intellectual challenges
6. The child's language in play therapy refers to _____
- (a) Verbal communication only
 - (b) Emotional and non-verbal expressions
 - (c) Behavioural symptoms
 - (d) Cognitive process
7. The psycho-educational model is primarily designed to _____
- (a) Evaluate intelligence
 - (b) Address behavioural and emotional needs
 - (c) Promote artistic expression
 - (d) Build career skills

8. Psycho-educational leaders like Nicholas Long emphasized _____
- (a) Innovative therapeutic techniques
 - (b) Early childhood interventions
 - (c) Cognitive skill-building approaches
 - (d) Emotional conflict resolution
9. A primary advantage of pranayama is its ability to _____
- (a) Improve interpersonal communication
 - (b) Enhance concentration and relaxation
 - (c) Eliminate physical disorders
 - (d) Align cognitive functioning
10. Mindfulness practices primarily target _____
- (a) Academic productivity
 - (b) Present-moment awareness
 - (c) Creative thinking
 - (d) Diagnostic accuracy

Part B

(5 × 5 = 25)

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

11. (a) Explain the origins of self-psychology.

Or

- (b) Discuss the therapeutic role of mirroring in self-psychology.

12. (a) Outline the key features of expressive art therapy for children.

Or

- (b) Describe the historical development of expressive art therapy.

13. (a) Highlight the importance of alternative knowledge and skills in narrative therapy.

Or

- (b) Explain the involvement of families in play therapy.

14. (a) Discuss the assessment of behaviours within the psycho-educational model.

Or

- (b) Explain the contributions of Tom McIntyre to psycho-education.

15. (a) Describe the psychological application of breathing techniques in therapy.

Or

- (b) Explain the role of mindfulness in fostering well-being.

Part C

(5 × 8 = 40)

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

16. (a) Critically evaluate the cultural implications of self-psychology.

Or

- (b) Discuss the major concepts and techniques used in self-psychology therapy.
17. (a) Analyze the benefits of expressive art therapy for emotional well-being.

Or

- (b) Examine various exercises and application of expressive art therapy for adults.
18. (a) Assess the role of metatexts in narrative therapy.

Or

- (b) Evaluate the methodology and benefits of play therapy in child psychology.
19. (a) Explain psycho-educational interventions in schools.

Or

- (b) Discuss the modern advancements in psycho-educational leadership.

20. (a) Examine the psycho-spiritual significance of yogic principles in therapy.

Or

- (b) Evaluate Roberto Assagioli's psychosynthesis therapy for holistic well-being.

C-8148

Sub. Code

70725

M.Sc. DEGREE EXAMINATION, APRIL 2026

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. Which manual includes broader coverage of general medical conditions alongside psychiatric disorders?
 - (a) DSM-IV-TR
 - (b) ICD-10
 - (c) Both DSM-IV-TR and ICD-10
 - (d) Neither DSM-IV-TR nor ICD-10

2. What is the primary purpose of DSM-IV-TR and ICD-10?
 - (a) Providing guidelines for therapy techniques
 - (b) Classifying and diagnosing mental disorders
 - (c) Promoting health awareness programs
 - (d) Researching cultural norms in psychiatry

3. Which of the following is a risk factor for developing PTSD?
 - (a) Experiencing trauma at a younger age
 - (b) Lack of social support
 - (c) A family history of mental health disorders
 - (d) All of the above

4. Which of the following is NOT a type of phobia?
 - (a) Specific phobia
 - (b) Social phobia
 - (c) Generalized phobia
 - (d) Agoraphobia

5. Unipolar disorder is commonly referred to as:
 - (a) Schizophrenia
 - (b) Major Depressive Disorder
 - (c) Bipolar Disorder
 - (d) Dysthymia

6. The primary characteristic of bipolar disorder is:
 - (a) Recurrent episodes of mania and depression
 - (b) Persistent feelings of sadness
 - (c) Generalized anxiety and worry
 - (d) Psychotic symptoms without mood fluctuations

7. Schizophrenia is classified under which category of mental disorders in DSM-5?
 - (a) Anxiety disorders
 - (b) Mood disorders
 - (c) Schizophrenia spectrum and other psychotic disorders
 - (d) Personality disorders

8. Which of the following is a hallmark symptom of schizophrenia?
 - (a) Recurrent panic attacks
 - (b) Hallucinations and delusions
 - (c) Persistent low mood
 - (d) Compulsive behaviors

9. Which of the following substances is classified as a stimulant?
- (a) Alcohol (b) Cocaine
(c) Heroin (d) Benzodiazepines
10. Opioids primarily act on which receptor in the brain?
- (a) Dopamine receptors
(b) Serotonin receptors
(c) Mu-opioid receptors
(d) GABA receptors

Part B

(5 × 5 = 25)

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

11. (a) Write a short note on the concept and current paradigms in Psychopathology.

Or

- (b) Explain the classification of Mental disorders.

12. (a) Explain obsessive compulsive disorder.

Or

- (b) Write a short note on Epidemiology.

13. (a) Explain unipolar disorder.

Or

- (b) Explain the clinical diagnosis of bipolar disorder.

14. (a) Explain Kurt Schneider's first-rank symptoms.

Or

- (b) Discuss about the schizoaffective disorder.

15. (a) Give a note on Abuse and Addiction.

Or

(b) Explain inhalants-related mental disorders.

Part C

(5 × 8 = 40)

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

16. (a) Explain the structure and functions of the brain.

Or

(b) Discuss the importance of interviews and skills in interviewing.

17. (a) Explain about Post-Traumatic Stress Disorder (PTSD).

Or

(b) Discuss the management and its Outcome for Phobic Disorders.

18. (a) Discuss about the clinical diagnosis in unipolar disorder.

Or

(b) Describe the causes of bipolar disorder.

19. (a) Explain the subtypes of schizophrenia.

Or

(b) Describe the delusional disorder.

20. (a) Explain the concept of use and misuse.

Or

(b) Discuss about Alcohol and Caffeine.

C-8149

Sub. Code

70726

M.Sc. DEGREE EXAMINATION, APRIL 2026

Second Semester

Psychology (Specialization in Clinical Psychology)

PSYCHOTHERAPIES – I

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Supervised practice in psychotherapy training is important because:
 - (a) It replaces academic coursework
 - (b) It helps trainees gain hands-on experience under expert guidance
 - (c) It allows trainees to practice independently
 - (d) It focuses only on research skills

2. Which of the following is considered unethical in psychotherapy?
 - (a) Referring a client to another therapist when outside expertise is needed
 - (b) Regularly attending training sessions for professional development
 - (c) Engaging in a romantic relationship with a current client
 - (d) Discussing ethical dilemmas with a supervisor

3. A therapist's primary ethical responsibility is to:
 - (a) Offer solutions to all problems
 - (b) Disregard boundaries to establish rapport
 - (c) Promote the client's well-being and autonomy
 - (d) Maintain a strict authority over the client

4. In counselling, the primary role of the counsellor is to:
 - (a) Provide support and guide clients in decision-making
 - (b) Diagnose mental disorders
 - (c) Analyze unconscious motives
 - (d) Offer medication to clients

5. One key feature of brief dynamic therapy is:
 - (a) Structured sessions with a clear focus
 - (b) Random exploration of client history
 - (c) Avoidance of emotional topics
 - (d) A lack of therapist intervention

6. The humanistic approach to psychotherapy emphasizes:
 - (a) Unconscious drives and childhood experiences
 - (b) Free will, self-actualization, and personal growth
 - (c) Strict therapist control over the therapeutic process
 - (d) Behaviour modification through conditioning

7. The primary goal of Meichenbaum's self-instructional training is to:
- (a) Teach clients how to suppress their emotions
 - (b) Help clients develop internal dialogue to guide behavior and reduce stress
 - (c) Focus solely on external reinforcement
 - (d) Rely exclusively on therapist-provided solutions
8. Cognitive restructuring involves:
- (a) Identifying and challenging distorted thinking patterns
 - (b) Avoiding stressful thoughts altogether
 - (c) Using medication to reduce cognitive errors
 - (d) Replacing behaviours without addressing thoughts
9. A central concept in ACT is:
- (a) Defusion or distancing oneself from unhelpful thoughts
 - (b) Cognitive restructuring
 - (c) Repressing emotional experiences
 - (d) Establishing rigid behavioural patterns
10. In ACT, the therapeutic relationship is characterized by:
- (a) The therapist acting as an authoritative figure
 - (b) Collaboration and empathy between the therapist and client
 - (c) Minimal interaction between therapist and client
 - (d) Emphasis on directive advice-giving

Part B

(5 × 5 = 25)

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

11. (a) What are the personal characteristics that contribute to being an effective therapist?

Or

- (b) Write the primary goals of psychotherapy, and how they contribute to the client's well-being.

12. (a) Briefly describe any two psychotherapeutic devices commonly used in therapy.

Or

- (b) How does psychotherapy integrate with social casework to address client needs?

13. (a) What is the role of awareness in Gestalt therapy?

Or

- (b) Describe the evaluation process in brief dynamic therapies.

14. (a) Write a brief note on the fundamental aspects of cognitive-behavioural therapy.

Or

- (b) How do problem-solving techniques help clients in cognitive-behavioural therapy?

15. (a) List the key assumptions about the client and therapist in DBT.

Or

- (b) Explain the treatment stages in DBT.

Part C

(5 × 8 = 40)

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

16. (a) Examine the current status of psychotherapy in India, including challenges and advancements.

Or

- (b) Discuss the professional issues faced by psychotherapists and how they impact their practice.

17. (a) Discuss the similarities and differences between psychotherapy and counselling, highlighting their roles in mental health care.

Or

- (b) Explore the challenges faced by therapists in upholding values and ethical principles during therapy.

18. (a) Examine the humanistic approach to psychotherapy and its emphasis on self-actualization.

Or

- (b) Critically evaluate Carl Rogers' contributions to psychotherapy through the person-centered approach.

19. (a) Discuss Meichenbaum's self-instructional training model and its effectiveness in managing stress and anxiety.

Or

- (b) Critically discuss the technique of thought stopping, including its variations and applications in therapy.

20. (a) Analyze the six core therapeutic processes of ACT, providing examples for each.

Or

- (b) Examine the importance of the therapeutic relationship in ACT and its impact on client outcomes.
-

C-8150

Sub. Code

70734

M.Sc. DEGREE EXAMINATION, APRIL 2026

Third Semester

Psychology

(Specialization in Clinical Psychology)

PSYCHOPATHOLOGY II

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which of the following is a key characteristic of Paranoid Personality Disorder?
 - (a) Excessive trust in others
 - (b) Persistent suspiciousness and distrust of others
 - (c) Lack of interest in social relationships
 - (d) Unstable mood swings

2. A person with Schizoid Personality Disorder is least likely to:
 - (a) Enjoy solitary activities
 - (b) Feel distressed by social isolation
 - (c) Have a limited range of emotional expression
 - (d) Be indifferent to praise or criticism

3. The most common cause of delirium in hospitalized elderly patients is:
 - (a) Alzheimer's disease
 - (b) Urinary tract infection (UTI)
 - (c) Chronic alcohol use
 - (d) Genetic predisposition

4. In dementia, which cognitive function is typically affected first?
 - (a) Personality changes
 - (b) Language comprehension
 - (c) Short-term memory
 - (d) Motor coordination

5. What is a key feature of Night Eating Syndrome?
 - (a) Excessive daytime sleepiness
 - (b) Recurrent episodes of eating at night
 - (c) Avoidance of food due to fear of choking
 - (d) Consumption of only one type of food

6. Which hormone is responsible for regulating the sleep-wake cycle?
 - (a) Melatonin
 - (b) Serotonin
 - (c) Dopamine
 - (d) Cortisol

7. Which of the following is a type of sexual dysfunction?
- (a) Hypoactive sexual desire disorder
 - (b) Schizophrenia
 - (c) Paranoid personality disorder
 - (d) Panic disorder
8. In Conversion Disorder, psychological stress is converted into:
- (a) Physical symptoms such as paralysis or blindness
 - (b) Memory loss
 - (c) Uncontrollable anger
 - (d) Compulsive behaviours
9. Which of the following is NOT a symptom of ADHD?
- (a) Hyperactivity
 - (b) Inattention
 - (c) Restricted interests
 - (d) Impulsivity
10. Vascular Dementia is mainly caused by:
- (a) Brain infections
 - (b) Stroke or reduced blood flow to the brain
 - (c) High dopamine levels
 - (d) Childhood trauma

Part B

(5 × 5 = 25)

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

11. (a) Define Personality Disorder. Explain the general characteristics of personality disorders.

Or

- (b) Describe the treatment approaches for Avoidant Personality Disorder, including therapy and medications.

12. (a) Define Substance-Induced Disorders. How do they differ from primary mental disorders?

Or

- (b) Explain how neurological conditions (such as stroke or traumatic brain injury) can contribute to mental disorders.

13. (a) Describe the clinical presentation, causes, and treatment options for Binge Eating Disorder.

Or

- (b) Discuss the differential diagnosis and management of Nightmare Disorder.

14. (a) Discuss the influence of chronic illnesses on sexual health and functioning.

Or

- (b) Explain the pathophysiology, diagnosis, and treatment of Conversion Disorder.

15. (a) Discuss ADHD in detail, including its symptoms, diagnosis, and treatment approaches.

Or

- (b) Elucidate the cognitive disorders and sleep disturbances in old age, including management strategies.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the psychological and environmental factors that contribute to the development of Avoidant Personality Disorder.

Or

- (b) Discuss the role of childhood experiences and attachment styles in the development of Dependent Personality Disorder.

17. (a) Define Eating Disorders and mention their common types.

Or

- (b) Differentiate between Insomnia and Hypersomnia.

18. (a) What are the treatment approaches for Substance-Induced Mood and Anxiety.

Or

- (b) Explain the available treatment options and management strategies for Alzheimer's Disease.

19. (a) List the treatment options for Sexual Pain Disorder.

Or

- (b) Define Somatoform Disorders and mention their subtypes.

20. (a) Explain the management strategies for substance abuse in the elderly.

Or

- (b) Elaborate the different types of communication Disorders in children?
-

C-8151

Sub. Code

70735

M.Sc. DEGREE EXAMINATION, APRIL 2026.

Third Semester

Psychology (Specialization in Clinical Psychology)

PSYCHOTHERAPIES – II

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. According to Gottman's theory, which of the following is a key predictor of relationship success
 - (a) Passion intensity
 - (b) Conflict avoidance
 - (c) Positive sentiment over ride
 - (d) Mutual dependency

2. A treatment plan in couples therapy is primarily aimed at
 - (a) Diagnosing mental disorders
 - (b) Resolving external family conflicts
 - (c) Improving communication and intimacy
 - (d) Facilitating legal separations

3. In the systematic approach to family therapy, the focus is primarily on
 - (a) Individual behaviour patterns
 - (b) Interactions and relationships within the family
 - (c) Emotional regulation techniques
 - (d) Problem-solving strategies

4. Which skill is most crucial for a family therapist?
 - (a) Analytical reasoning
 - (b) Active listening
 - (c) Strategic planning
 - (d) Crisis management

5. Group therapy emerged as a treatment approach primarily to
 - (a) Provide individualized attention
 - (b) Address social isolation and shared experiences
 - (c) Focus on severe psychiatric conditions
 - (d) Replace individual therapy

6. A common issue that arises during group counselling is
 - (a) Unequal participation
 - (b) Overwhelming confidentiality concerns
 - (c) Therapist over-dependence
 - (d) All of the above

7. Which of the following is a central idea of social constructionism in post modern therapies?
- (a) Reality is objective and universal
 - (b) Reality is co-constructed through language and social interactions
 - (c) Individual cognition determines reality
 - (d) Reality is biologically predetermined
8. Which technique is commonly used in Solution-Focused Brief Therapy (SFBT)?
- (a) The miracle equation
 - (b) Free association
 - (c) Guided imagery
 - (d) Cognitive reframing
9. What is the primary goal of mindfulness?
- (a) Analyzing past experiences
 - (b) Living fully in the present moment with awareness
 - (c) Achieving complete relaxation
 - (d) Eliminating all negative thoughts
10. Which of the following is a key principle of mindfulness?
- (a) Non-judgemental awareness
 - (b) Emotional suppression
 - (c) Future-oriented thinking
 - (d) Rapid decision-making

Part B

(5 × 5 = 25)

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

11. (a) Define a couple in the context of couples therapy and explain its significance.

Or

- (b) Explain how communication skill-building is utilized in couples therapy.

12. (a) Define a family in a context of family therapy and discuss its relevance to therapy.

Or

- (b) What are some typical issues that arise when working with families in therapy?

13. (a) List two advantages of using group interventions over individual therapy.

Or

- (b) Describe two approaches to group therapy and their key features.

14. (a) Define social construction and explain its relevance in post modern therapies.

Or

- (b) How does the miracle questions technique work in SFBT?

15. (a) Explain the concept of “Non-judgemental awareness” in mindfulness practices.

Or

- (b) Describe the core steps involved in the process of mindfulness.

Part C

(5 × 8 = 40)

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

16. (a) Discuss the theoretical framework of Gottman's theory and its relevance in couples therapy.

Or

- (b) Elaborate on common issues therapists encounter when working with couples and strategies to address them.

17. (a) Discuss the theoretical framework of the systematic approach and its significance in family therapy.

Or

- (b) How can therapists design effective treatment plans to address intergenerational family conflicts?

18. (a) Trace the emergence and historical significance of group therapy as a treatment approach.

Or

- (b) Evaluate the role of a group therapist in managing group dynamics and facilitating therapeutic goals.

19. (a) Examine the ethical considerations in using EMDR for trauma therapy.

Or

- (b) Analyze the assumptions underlying narrative therapy and their impact on client-therapist collaboration.

20. (a) Discuss the concept and importance of mindfulness in promoting well-being.

Or

- (b) Compare mindfulness-based interventions like Mindfulness Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT).
-