

R3541

Sub. Code

744301

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Psychology

PSYCHOPATHOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. The biopsychosocial model in psychopathology suggests that mental disorders are influenced by: (CO1, K1)
 - (a) Only genetic factors
 - (b) Biological, psychological and social factors
 - (c) Only environmental factors
 - (d) Only cognitive behaviors

2. Psychopathology is primarily concerned with the study of : (CO1, K1)
 - (a) Mental health and psychological disorders
 - (b) Physical health disorders
 - (c) Social behaviors and patterns
 - (d) Cognitive processes in the brain

3. Organic disorders are primarily characterized by :
(CO2, K3)
- (a) Psychological causes only
 - (b) Structural or biochemical changes in the brain or body
 - (c) Symptoms without any physical basis
 - (d) Symptoms caused by external environmental stressors
4. Which of the followings NOT typically considered an organic disorder?
(CO2, K3)
- (a) Parkinson's disease
 - (b) Stroke
 - (c) Conversion disorder
 - (d) Epilepsy
5. In which of the following conditions is "rapid cycling" most commonly seen?
(CO3, K2)
- (a) Major Depressive Disorder
 - (b) Bipolar II Disorder
 - (c) Bipolar I Disorder
 - (d) Persistent Depressive Disorder
6. Which of the following is a negative symptom of schizophrenia?
(CO3, K2)
- (a) Auditory hallucinations
 - (b) Disorganized speech
 - (c) Anhedonia
 - (d) Paranoid thoughts

7. Which of the following disorders involves sexual arousal from exposing one's genitals to an unsuspecting person? (CO4, K4)
- (a) Exhibitionistic disorder
 - (b) Voyeuristic disorder
 - (c) Fetishistic disorder
 - (d) Pedophilic disorder
8. Which personality disorder is characterized by excessive emotionality and attention-seeking behavior? (CO4, K4)
- (a) Histrionic personality disorder
 - (b) Narcissistic personality disorder
 - (c) Dependent personality disorder
 - (d) Schizotypal personality disorder
9. Which age is most critical for the diagnosis of developmental disorders? (CO5, K5)
- (a) Infancy (0 – 1 year)
 - (b) Early childhood (2 – 6 years)
 - (c) Late adolescence (12 – 18 years)
 - (d) Adulthood (18+ years)
10. Which of the following disorders often co-occurs with ADHD? (CO5, K5)
- (a) Oppositional Defiant Disorder (ODD)
 - (b) Autism Spectrum Disorder (ASD)
 - (c) Anxiety Disorders
 - (d) All of the above

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Construct the concept of abnormality in psychopathology. (CO1, K1)

Or

- (b) Identify the biopsychosocial model's explain mental disorders. (CO1, K1)

12. (a) Develop a biopsychosocial model's view on psychosomatic disorders. (CO2, K3)

Or

- (b) Identify the pain disorders and their key features. (CO2, K3)

13. (a) Outline the causes and treatments of mood disorders. (CO3, K2)

Or

- (b) Explain the difference between positive and negative symptoms of schizophrenia? (CO3, K2)

14. (a) Examine the sexual sadism disorder and what are its key features. (CO4, K4)

Or

- (b) Schizoid Personality Disorder and its key features and treatment. (CO4, K4)

15. (a) Evaluate Mental Retardation (Intellectual Disability) and its key features and treatment. (CO5, K5)

Or

- (b) Determine Cerebral Palsy and its key features, causes and treatment. (CO5, K5)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Identify the Behavioral Disorders, their types, causes and treatment. (CO1, K1)

Or

- (b) Predict the advantages and disadvantages of classification systems in psychology. (CO1, K1)

17. (a) Identify the Gender Identity Disorders, their types, causes and treatment. (CO2, K3)

Or

- (b) Explain Conversion Disorder, its features, causes and treatment. (CO2, K3)

18. (a) Explain the psychological treatments for individuals at risk of suicide. (CO3, K2)

Or

- (b) Summaries the major subtypes of Schizophrenic Disorders, their features and significance.

(CO3, K2)

19. (a) Examine the types of sexual disorders, their features, and treatment approaches. (CO4, K4)

Or

- (b) Classify Cluster B Personality Disorders, their characteristics and treatment. (CO4, K4)

20. (a) Interpret Attention-Deficit/Hyperactivity Disorder (ADHD), its symptoms, causes and treatment options. (CO5, K5)

Or

- (b) Determine the learning disabilities, their types, causes, and treatment options. (CO5, K5)
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R3542

Sub. Code

744302

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Psychology

INTRODUCTION TO PSYCHOTHERAPY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. Which type of therapy focuses on changing negative thought patterns? (CO1, K1)
(a) Psychoanalysis (b) Gestalt Therapy
(c) Cognitive Therapy (d) Existential Therapy
2. Which part of the personality is driven by the pleasure principle? (CO1, K1)
(a) Ego (b) Superego
(c) Id (d) Conscious
3. Which of the following is NOT a key concept in Adlerian therapy? (CO2, K3)
(a) Subjective perception of reality
(b) Unconscious conflicts
(c) Social interest
(d) Birth order

4. Which of the following is NOT a core existential concern?
(CO2, K3)
- (a) Freedom (b) Conformity
- (c) Meaninglessness (d) Isolation
5. What is the primary goal of person-centered therapy?
(CO3, K3)
- (a) To resolve past traumas
- (b) To change maladaptive behaviors
- (c) To facilitate self-exploration and personal growth
- (d) To provide expert advice and guidance
6. What is the primary goal of Gestalt therapy?
(CO3, K3)
- (a) To resolve past traumas
- (b) To change maladaptive behaviors
- (c) To increase awareness of the present moment
- (d) To provide support and encouragement
7. Which of the following is NOT a key component of the WDEP system?
(CO4, K1)
- (a) Wants (b) Direction
- (c) Evaluation (d) Expectations

8. Which of the following is NOT a common technique used in behavior therapy? (CO4, K1)
- (a) Free association
 - (b) Systematic desensitization
 - (c) Relaxation training
 - (d) Exposure therapy
9. What is the primary focus of cognitive therapy? (CO5, K2)
- (a) To resolve past traumas
 - (b) To change maladaptive behaviors
 - (c) To identify and change negative thought patterns
 - (d) To understand unconscious motivations
10. Which of the following is a key technique used in cognitive therapy? (CO5, K2)
- (a) Free association
 - (b) Dream analysis
 - (c) Socratic questioning
 - (d) Hypnosis

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Describe the potential benefits and challenges of personal therapy for therapists. (CO1, K1)

Or

- (b) Discuss the concept of the unconscious mind in psychoanalytic theory. (CO1, K1)

12. (a) Discuss the concept of social interest in Adlerian therapy. (CO2, K3)

Or

- (b) Discuss the concept of anxiety as a condition of living in existential therapy. (CO2, K3)

13. (a) Discuss the concept of unconditional positive regard in person-centered Therapy. (CO3, K3)

Or

- (b) Discuss the concept of unfinished business in Gestalt therapy. (CO3, K3)

14. (a) Discuss the concept of choice theory and its implications for understanding human behavior. (CO4, K1)

Or

- (b) Discuss the role of learning principles in behavior therapy. (CO4, K1)

15. (a) Discuss the role of cognitive distortions in the development of emotional distress. (CO5, K2)

Or

- (b) Discuss the role of cognitive distortions in the development of emotional distress. (CO5, K2)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain the ethical considerations involved in dealing with value conflicts in therapy. (CO1, K1)

Or

- (b) Describe the process of dream analysis in psychoanalytic therapy. (CO1, K1)

17. (a) Describe the therapeutic process in Adlerian therapy, including the key stages and techniques. (CO2, K3)

Or

- (b) Explain the role of freedom and responsibility in existential therapy. (CO2, K3)

18. (a) Explain the role of empathy in the therapeutic process. (CO3, K3)

Or

- (b) Explain the role of awareness in the Gestalt therapy process. (CO3, K3)

19. (a) Describe the WDEP system and how it is used in the therapeutic process. (CO4, K1)

Or

- (b) Describe the key components of multimodal therapy. (CO4, K1)
20. (a) Explain the AB-C model of personality and its implications for understanding emotional reactions. (CO5, K2)

Or

- (b) Explain the key differences between Rational Emotive Behavior Therapy (REBT) and Aaron Beck's Cognitive Therapy. (CO5, K2)
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R3543

Sub. Code

744303

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Psychology

ORGANIZATIONAL BEHAVIOUR

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. Which of the following is NOT an element of Organizational Behavior? (CO1, K2)
 - (a) Individuals
 - (b) Groups
 - (c) Structure
 - (d) Competition

2. Which approach to OB emphasizes employee needs and motivation? (CO1, K2)
 - (a) Behavioral Approach
 - (b) Human Relations Approach
 - (c) Cognitive Approach
 - (d) Contingency approach

3. Which of the following is NOT a benefit of effective teamwork? (CO2, K6)
- (a) Increased individual workload
 - (b) Improved decision-making
 - (c) Enhanced creativity and innovation
 - (d) Increased employee motivation
4. Which of the following is crucial for effective team work? (CO2, K6)
- (a) Individual competition
 - (b) Open and honest communication
 - (c) Domination by one individual
 - (d) Lack of trust and respect
5. Which of the following is NOT a type of formal power? (CO3, K3)
- (a) Coercive power (b) Reward power
 - (c) Legitimate power (d) Expert power
6. A key characteristic of power is that it: (CO3, K3)
- (a) Is always used for personal gain
 - (b) Is always visible and easily identified
 - (c) Is a social phenomenon that exists in relationships
 - (d) Is solely based on formal authority
7. Which of the following is NOT a type of organizational stress? (CO4, K5)
- (a) Role ambiguity (b) Work overload
 - (c) Job insecurity (d) Personality clashes

8. Which of the following is a potential consequence of chronic stress? (CO4, K5)
- (a) Increased job satisfaction
 - (b) Improved productivity
 - (c) Burnout and exhaustion
 - (d) Enhanced creativity
9. Organizational effectiveness refers to: (CO5, K4)
- (a) Maximizing profits and minimizing costs
 - (b) Meeting the needs of stakeholders
 - (c) Achieving high levels of quality
 - (d) Maintaining a stable organizational structure
10. Which of the following is NOT a key dimension of organizational climate? (CO5, K4)
- (a) Innovation
 - (b) Teamwork
 - (c) Communication
 - (d) Employee benefits

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Discuss the need for studying Organizational Behavior in today's dynamic business environment. (CO1, K2)

Or

- (b) Explain the three components of organizational commitment and their implications for employee behavior. (CO1, K2)

12. (a) Describe the key factors that should be considered when forming effective teams. (CO2, K6)

Or

- (b) Discuss the factors that influence group cohesiveness and its impact on team performance. (CO2, K6)

13. (a) Explain how power can be used effectively in organizations for positive outcomes. (CO3, K3)

Or

- (b) List out the potential positive and negative impacts of organizational politics. (CO3, K3)

14. (a) Describe some effective stress management techniques for individuals and organizations. (CO4, K5)

Or

- (b) Discuss various strategies for resolving destructive conflict. (CO4, K5)

15. (a) Enumerate the significance of organizational culture for organizational success. (CO5, K4)

Or

- (b) Discuss the significance of organizational culture for employee behavior. (CO5, K4)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Discuss the importance of understanding individual behavior in the workplace. (CO1, K2)

Or

- (b) Describe the role of motivation in enhancing employee performance. (CO1, K2)

17. (a) Discuss the interaction between formal and informal groups within an organization and its implications for organizational effectiveness. (CO2, K6)

Or

- (b) Explain the importance of understanding group behavior concepts in managing organizational effectiveness. (CO2, K6)

18. (a) Discuss the ethical considerations and best practices for the effective use of power in organizations. (CO3, K3)

Or

- (b) Discover the five sources of power identified by French and Raven. (CO3, K3)

19. (a) Discuss the main sources of organizational stress, including job demands, role stressors, and work-life imbalance. (CO4, K5)

Or

- (b) Briefly describe the stages of the conflict process. (CO4, K5)

20. (a) Briefly explain the goal attainment approach and the stakeholder approach to organizational effectiveness. (CO5, K4)

Or

- (b) Explain how organizational climate can influence employee motivation and job satisfaction. (CO5, K4)
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R3544

Sub. Code

744308

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Psychology

Elective - MINDFULNESS

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. MBCT was designed mainly to prevent relapse in :
(CO1, K2)
 - (a) Anxiety disorders
 - (b) Recurrent depression
 - (c) Schizophrenia
 - (d) Substance addiction

2. MBSR was originally developed by: (CO1, K2)
 - (a) Sigmund Freud
 - (b) Jon Kabat-Zinn
 - (c) Aaron Beck
 - (d) Marsh Linehan

3. “Repeating” in Freud’s psychoanalysis often appears as: (CO2, K5)
- (a) Conscious rehearsal of positive events
 - (b) Acting out unconscious conflicts in behaviour
 - (c) Forgetting painful experiences
 - (d) Intellectualizing emotions
4. The Freudian idea of “repetition compulsion” can be compared in Buddhism to: (CO2, K5)
- (a) Samsara – cyclical patterns of craving and rebirth
 - (b) Nirvana – liberation from cycles
 - (c) Sila - morality
 - (d) Prajna - wisdom
5. Which mindfulness-based concentration practice is most effective for children with ADHD? (CO3, K2)
- (a) Listening to loud music
 - (b) Daydreaming exercises
 - (c) Multitasking exercises
 - (d) Breath awareness with short intervals
6. Which brain area shows improvement in regulation with mindfulness practice for anxiety? (CO3, K2)
- (a) Spinal cord
 - (b) Brainstem reflex center
 - (c) Cerebellum
 - (d) Amygdala (fear center)

7. Mindfulness of posture mainly develops: (CO4, K3)
- (a) Memory
 - (b) Awareness of the body in the present moment
 - (c) Imagination
 - (d) Dreamlike states
8. Which of the following is a wholesome mental factor supporting mindfulness? (CO4, K3)
- (a) Hatred
 - (b) Greed
 - (c) Faith
 - (d) Delusion
9. The main purpose of mindful walking is to: (CO5, K4)
- (a) Cover distance quickly
 - (b) Cultivate awareness of each step and movement
 - (c) Burn calories
 - (d) Distract the mind from stress
10. A mindful teacher is more likely to: (CO5, K4)
- (a) Increase stress among learners
 - (b) React impulsively to student behaviour
 - (c) Ignore student's needs
 - (d) Maintain calm, clarity and presence in the classroom

Part B

(5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Describe the primary goals of mindfulness Intervention. (CO1, K2)

Or

- (b) Explain neuroscience of mindfulness. (CO1, K2)

12. (a) Evaluate the role of mindfulness based and Psychodynamic enquires. (CO2, K5)

Or

- (b) Critically analyze the Complement to Psychotherapy. (CO2, K5)

13. (a) Explain the Three Fundamental Behaviours of the Mind. (CO3, K2)

Or

- (b) Explain the concept of transpersonal psychology. (CO3, K2)

14. (a) Explain the role of mindfulness of posture in cultivating awareness and self-discipline. (CO4, K3)

Or

- (b) Critically analyze how mindfulness practices can be integrated into educational settings to improve attention. (CO4, K3)

15. (a) Explain the role of mindful walking in cultivating awareness. (CO5, K4)

Or

- (b) Analyze the relationship between mindfulness and creativity. (CO5, K4)

Part C

(5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Elaborate on Classical Buddhist Approaches based mindfulness intervention. (CO1, K2)

Or

- (b) Discuss the concepts of MBCT and DBT (CO1, K2)

17. (a) Analyze the Buddhism and Freudian concepts Remembering, repeating and working through. (CO2, K5)

Or

- (b) Critically assess the complementary role of self development and self transcendence. (CO2, K5)

18. (a) Explain the concept of Western and Buddhist Perspectives in Psychotherapy and its importance in mindfulness. (CO3, K2)

Or

- (b) Discuss the concepts of Mindfulness Practice on Anxiety and Eating Disorders. (CO3, K2)

19. (a) Describe the practice of mindfulness of breathing. (CO4, K3)

Or

- (b) Examine the role of mindfulness at sense doors in maintaining balanced awareness in daily activities. (CO4, K3)

20. (a) Discuss the benefits of mindful eating for physical health, emotional regulation and reduction of stress.
(CO5, K4)

Or

- (b) Compare and contrast the applications of mindfulness in individual practices and social practices.
(CO5, K4)
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