

M.Sc. DEGREE EXAMINATIONS,
DECEMBER 2019.

First Year

COUNSELLING AND PSYCHOTHERAPY — BRIDGE COURSE

Time : Two hours

Maximum marks : 100

Answer ALL questions.

(50 × 2 = 100)

Choose the right answer :

1. Counselling psychologists do not deal with
(a) Less serious problems (b) Psychotic symptoms
(c) Vocational problems (d) Academic problems
2. Who can prescribe medicines to the patients with mental illness?
(a) Psychiatrist (b) Psychoanalyst
(c) Clinical Psychologist (d) Social Worker
3. A trance like mental state induced by suggestion is known as
(a) Autism (b) Yoga
(c) Hypnotism (d) Meditation
4. The most basic level of human need according to Maslow is
(a) Physiological needs (b) Safety needs
(c) Belonging needs (d) Self-actualization
5. Psychological tests can be used to determine the applicant's
(a) Eyesight (b) Ability to use software
(c) Personality (d) Technical skills
6. Freud attempted to explore personality through
(a) Inventory (b) Defense mechanism
(c) Controlled association (d) Projective technique
7. An _____ test is a test of developed skill or knowledge.
(a) Achievement test (b) Aptitude test
(c) Special aptitude test (d) General aptitude test
8. The fear-reducing technique in which a hierarchy of fear evoking stimuli are presented is
(a) Conditioning
(b) Counter conditioning
(c) Flooding
(d) Systematic desensitization

9. The developmental stage that is characterized as a period of storm and stress is
- (a) Puberty
 - (b) Adolescence
 - (c) Adulthood
 - (d) Old age
10. Trephination is a practice of
- (a) drilling holes in skull
 - (b) cutting a circular section of the skull
 - (c) cutting off an arm
 - (d) cutting a part of the affected area
11. A mutual relationship or connection between two or more things is _____.
- (a) Correlation
 - (b) t-test
 - (c) ANOVA
 - (d) Regression
12. The sex of a child is determined by
- (a) sex chromosome
 - (b) genes
 - (c) spermatozoa
 - (d) ova
13. A major internal bodily change during adolescence is in
- (a) skin
 - (b) communication
 - (c) digestive system
 - (d) endocrine system
14. The birth that is considered most favorable for the baby's adjustment to life is
- (a) breech
 - (b) instrumental
 - (c) spontaneous
 - (d) caesarean
15. Somnambulism is not related to
- (a) Disturbance in sleep
 - (b) sleep
 - (c) Walking
 - (d) sleep walking
16. The role of psychologists in industries is
- (a) improving canteen facility
 - (b) increasing the number of employers
 - (c) selecting, training and promoting employers
 - (d) designing machines
17. Creativity is related to
- (a) Over thinking
 - (b) thinking
 - (c) convergent thinking
 - (d) divergent thinking

18. Increasing desirable behavior can be done through
 (a) punishment (b) counter conditioning
 (c) generalization (d) positive reinforcement
19. _____ is the process of gradually introducing an infant into adult diet while withdrawing the supply of mother's milk.
 (a) Weaning (b) Conditioning
 (c) Breast feeding (d) Generalization
20. Who is a Behaviorist amongst the choices?
 (a) Watson (b) Freud
 (c) Beck (d) Anna Freud
21. The period in the first month after the birth is called
 (a) Prenatal (b) Childhood
 (c) Neonatal (d) Infancy Period
22. Each person in the target population has an equal chance of being selected in the sample is called
 (a) Random Sampling (b) Purposive sampling
 (c) Systematic sampling (d) Snow-ball sampling
23. _____ involves the relation between the person and two attitude objects.
 (a) Classical conditioning
 (b) Learning Theory
 (c) Cognitive – response Theory
 (d) Balance Theory
24. Early Childhood is the period from
 (a) 6 months to 2 year (b) 2 - 6 years
 (c) Birth to 18 months (d) none of this
25. _____ is an electrodiagnostic medicine technique for evaluating and recording the electrical activity produced by skeletal muscles.
 (a) EEG (b) ECG
 (c) EMG (d) NCS
26. The psychologists who are more concerned with increasing the efficiency of learning in school by applying their psychological knowledge about learning and motivation to the curriculum are
 (a) Educational Psychologists
 (b) School Psychologist
 (c) School Counselors
 (d) Special Educator

27. _____ provides a statistical test of whether two or more population means are equal.
- (a) Average (b) Correlation
(c) Standard Deviation (d) ANOVA
28. _____ is a measure quantifying the likelihood that events will occur.
- (a) Correlation (b) Sampling
(c) Probability (d) Survey
29. Rogers believed that providing genuineness, empathy, and _____ in the therapeutic environment for his clients was critical to their being able to deal with their problems.
- (a) Structuralism
(b) functionalism
(c) Gestalt
(d) Unconditional positive regards
30. _____ introduced the operant conditioning chamber is a device used to study the principles of operant conditioning.
- (a) Skinner (b) Watson
(c) James (d) Koffka
31. _____ are defined as observable realities.
- (a) facts (b) opinions
(c) theories (d) behaviour
32. Observing behaviour of an individual in their natural environment is
- (a) archival research
(b) case study
(c) naturalistic observation
(d) survey
33. _____ is a mental and emotional entity that inheres in, or characterizes a person.
- (a) Treatment (b) Evaluation
(c) Cognition (d) Attitude
34. As a field, social psychology focuses on _____ in predicting human behaviour.
- (a) genetic factor
(b) personality factor
(c) biological factor
(d) situational factors

35. ECT (Electroconvulsive Shock Therapy) is effective in the treatment of
- (a) anxiety (b) phobia
(c) memory loss (d) schizophrenia
36. Excessive _____ leads to cirrhosis of the liver.
- (a) smoking (b) drugs
(c) alcohol (d) caffeine
37. Magical thinking is a symptom of
- (a) ADHD (b) OCD
(c) PTSD (d) ODD
38. In _____ the person is in a continuous state of excessive pointless worry.
- (a) panic
(b) generalized anxiety disorder
(c) separation anxiety
(d) schizophrenia
39. DSM stands for
- (a) Diagnostic and Statistical Manual of Mental Disorders
(b) Diagnosed and Statistical Manual of Mental Disorders
(c) Diagnosable and Statistical Manual of Mental Disorders
(d) Diagnosis and Statistical Manual of Mental Disorders
40. HRO stands for
- (a) Human Relations Output
(b) Human Response Output
(c) Human Resource Outsourcing
(d) Human Relational Outsourcing
41. Team building is the process of turning a group of individual contributing employees into
- (a) Cohesive team (b) Team
(c) Groups (d) Intimacy
42. The ultimate object of HRD is to contribute to the professional well-being, motivation and pride of the _____.
- (a) employer (b) organisation
(c) nation (d) employees
43. _____ is the framework for helping employees develop their personal and organizational skills, knowledge, and abilities.
- (a) HRD (b) HR
(c) HRO (d) HRM

44. _____ is generally defined as relatively permanent changes in behavior, skills, knowledge, or attitudes resulting from identifiable psychological or social experiences.
- (a) Learning
 - (b) Training
 - (c) Well-being
 - (d) Trial and Error
45. Bloom's Taxonomy of educational objectives referred to forms of cognition or thinking, which were divided into the _____ levels.
- (a) three
 - (b) five
 - (c) four
 - (d) six
46. Every time the child is behaving inappropriately and the teacher pays attention to the inappropriate behaviour, that behaviour is likely to _____.
- (a) be the same
 - (b) decrease
 - (c) increase
 - (d) vanish
47. The Swiss psychologist and genetic epistemologist famously known for his theory of cognitive development is
- (a) Skinner
 - (b) Gardner
 - (c) Thurston
 - (d) Jean Piaget
48. The eight-stage theory of psychosocial development was founded by
- (a) Erikson
 - (b) Freud
 - (c) Piaget
 - (d) Skinner
49. _____ psychology involves the study of what makes consumers buy the things that they buy.
- (a) Clinical
 - (b) consumer
 - (c) Counseling
 - (d) social
50. _____ is a data collection tool used to gather large quantity of data about individuals, relatively quickly and cheaply.
- (a) Survey
 - (b) Projective tests
 - (c) Questionnaires
 - (d) Voting

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**MCP – 11/
PGDPC-11**

**M.Sc. DEGREE EXAMINATION –
DECEMBER 2019.**

First Year

Counselling and Psychotherapy

FUNDAMENTALS OF PSYCHOLOGY

Time : 3 hours

Maximum marks : 75

PART A — (3 × 5 = 15 marks)

**Answer any THREE questions each answer
not to exceed 1 page.**

1. What are synapses?
2. Define Attention.
3. Describe Aggression as a motive.
4. Shaping of Behavior – Explain.
5. Classification of IQ and its range – Describe.

PART B — (4 × 15 = 60 marks)

Answer any FOUR questions.

6. Describe the different schools of psychology.
7. Describe the sensory process and functions of the ear.
8. Elaborate on principles of conditioning.
9. Explain any two theories of motivation.
10. What are the various determinants of personality?
11. What are the causes of stress and how to manage stress?
12. Describe the Hans Selye's stress cycle with a diagram.

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**MCP-12/
PGDPC-12**

**M.Sc. DEGREE EXAMINATION —
DECEMBER, 2019.**

First Year

Counselling and Psychotherapy

DEVELOPMENTAL PSYCHOLOGY

Time : 3 hours

Maximum marks : 75

PART A — (3 × 5 = 15 marks)

Answer any THREE questions.

1. What is development?
2. Narrate the importance of relationship with in-laws.
3. What is Sex role typing?
4. Who are called as Gifted children?
5. Why is Adolescence called a period of Storm and stress.

PART B — (4 × 15 = 60 marks)

Answer any FOUR questions.

6. Narrate the characteristics of Middle age.
7. Describe the development of Sex interest during adolescence.

8. Elaborate on Learning difficulty and early remedial training.
 9. What are the levels of mental retardation?
 10. What are the hazards of babyhood?
 11. Elaborate on Conception with diagram.
 12. Highlight the current status of Old age homes in India.
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**MCP-13/
PGDPC-13**

**M.Sc. DEGREE EXAMINATION —
DECEMBER, 2019.**

First Year

Counselling and Psychotherapy

PSYCHOPATHOLOGY AND MENTAL HEALTH

Time : 3 hours

Maximum marks : 75

PART A — (3 × 5 = 15 marks)

Answer any THREE questions

1. What is Psychopathology?
2. What is Mood disorder?
3. Write on Anorexia Nervosa
4. Comment on TAT
5. Brief on mental health

PART B — (4 × 15 = 60 marks)

Answer any FOUR questions.

6. Elaborate on the classification of mental disorders
 7. Describe the clinical picture and subtypes of schizophrenia
 8. Narrate the characteristics of Gender dysphoria
 9. Explain DXplain
 10. Elaborate on mental health model.
 11. Outline the characteristics of Obsessive compulsive disorder
 12. What are the effects of Nicotine abuse and outline the treatment
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**MCP-14/
PGDPC-14**

**M.Sc. DEGREE EXAMINATION —
DECEMBER, 2019.**

First Year

Counselling and Psychotherapy

COUNSELLING AND HEALTH PSYCHOLOGY

Time : 3 hours

Maximum marks : 75

PART A — (3 × 5 = 15 marks)

Answer any THREE questions

1. Short notes on Reactions to stress?
2. Educational counselling?
3. Explain the terms self concept, self esteem, in congruence in self concept and non-judgmental attitude.
4. Gestalt counselling?

PART B — (4 × 15 = 60 marks)

Answer any FOUR questions.

5. Psychosomatic coronary disease.
6. Kinds of learning and its role in therapeutic intervention?
7. Stress and Bronchial Asthma?
8. Role of advising communication in bringing a change in life style modification as a prevention of health.
9. Steps in counselling – Explain.
10. Pastoral counselling in health psychology – write in details?
11. Role of mental health in chronic physical diseases.
12. Explain models of stress and management of every day stress?

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**MCP-15/
PGDPC-15**

**P.G. DIPLOMA IN PSYCHOLOGICAL
COUNSELLING EXAMINATION —
DECEMBER, 2019.**

First Year

**COUNSELLING TECHNIQUES AND
ASSESSMENTS**

Time : 3 hours

Maximum marks : 75

SECTION A — (3 × 5 = 15 marks)

Answer any THREE questions.

1. Short notes on specific and non – specific factors in therapy.
2. Egan's model – Explain.
3. Short notes on group dynamics.
4. Short notes on :
 - (a) Rating scales
 - (b) Observation
 - (c) Socio metry

SECTION B — (4 × 15 = 60 marks)

Answer any FOUR questions.

5. Explain in detail characteristics of Psychological tests.
 6. Theories of intelligence – Explain.
 7. Write in detail about personality assessments.
 8. Explain the role of rating scales and productive techniques in diagnostic assessment.
 9. Explain characteristics of a counsellor and their functions.
 10. Ethical and legal issues in counselling.
 11. Write in detail case study and report writing.
 12. What is culture fair test and role of assessment in school psychology?
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