

SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION, MARCH 2022**Counselling Psychology****CPY 6B 05 (01)—ABNORMAL PSYCHOLOGY****(2014 to 2018 Admissions)****(Multiple Choice Questions for SDE Candidates)****Time : 15 Minutes****Total No. of Questions : 20****Maximum : 20 Marks****INSTRUCTIONS TO THE CANDIDATE**

1. This Question Paper carries Multiple Choice Questions from 1 to 20.
2. The candidate should check that the question paper supplied to him/her contains all the 20 questions in serial order.
3. Each question is provided with choices (A), (B), (C) and (D) having one correct answer. Choose the correct answer and enter it in the main answer-book.
4. The MCQ question paper will be supplied after the completion of the descriptive examination.

CPY 6B 05 (01)—ABNORMAL PSYCHOLOGY

(Multiple Choice Questions for SDE Candidates)

1. A common form of mental disorder afflicting 10-20% of the population is :
 - (A) Schizophrenia.
 - (B) Senile dementia.
 - (C) Depression.
 - (D) Delusional disorder.
2. A much-feared outcome of Alzheimer's disease is :
 - (A) Functional psychosis.
 - (B) Paranoia.
 - (C) General paresis.
 - (D) Senile dementia.
3. In south and east Asia, a man may experience Koro, which is ?
 - (A) Schizophrenia.
 - (B) Insanity.
 - (C) Anxiety about his penis receding into his body.
 - (D) Depression.
4. Persons who suffer from paraphilias are categorized as having :
 - (A) Somatoform disorders.
 - (B) Generalized anxiety.
 - (C) Sexual disorders.
 - (D) Personality disorders.
5. Which of the following is related to recent attempts to find biochemical explanations for schizophrenia ?
 - (A) Schizotaxin.
 - (B) Psychotropin.
 - (C) Dopamine.
 - (D) Diazepam.
6. A rare condition in which separate personalities exist in the same person is called :
 - (A) Dissociative identity disorder.
 - (B) Split personality.
 - (C) Schizophrenia.
 - (D) Amnesia.
7. A PET scan involves the injection of :
 - (A) Radioactive sugar.
 - (B) Iodine.
 - (C) Metal particles.
 - (D) Xenon gas.

8. Persons who are excessively narcissistic, dependent, or antisocial are characterized as having :
- (A) Somatoform disorders. (B) Generalized anxiety.
(C) Conversion reactions. (D) Personality disorders.
9. Schizophrenia is most commonly found in :
- (A) Adolescents. (B) Young adults.
(C) The middle aged. (D) The elderly.
10. Parkinson's disease results from the death of neurons that produce :
- (A) Serotonin. (B) Acetylcholine.
(C) Dopamine. (D) Norepinephrine.
11. Conversion disorder and hypochondriasis are classified as :
- (A) Physio-mental disorders. (B) Somatoform disorders.
(C) Psychosomatic disorders. (D) Somatization disorders.
12. Which of the following medical conditions can produce a mild neurocognitive disorder and mild impairments in social/occupational functioning ?
- (A) Parkinson's disease. (B) Huntington's disease.
(C) Creutzfeldt-Jakob disease. (D) HIV.
13. False beliefs that are held even when the facts contradict them are called :
- (A) Fantasies. (B) Hallucinations.
(C) Illusions. (D) Delusions.
14. When a person's sexual identity does not match his or her physical gender, the diagnosis is :
- (A) Paraphilia. (B) Sexual dysfunction.
(C) Gender identity disorder. (D) Androgyny.
15. The term schizophrenia can be interpreted to mean :
- (A) A split between thought and emotion.
(B) Having more than one personality.
(C) The same thing as a dissociative reaction.
(D) That a person is insane.

16. Which of the following is characteristic of a dissociative disorder ?
- (A) Phobic disorder. (B) Amnesia.
(C) Paranoia. (D) Depression.
17. A psychosis arising from an advanced stage of syphilis, in which the disease attacks brain cells, is called :
- (A) Korsakoff's syndrome. (B) Delirium tremens.
(C) Schizotypal psychosis. (D) General paresis.
18. Psychologies dependence on mood- or behavior-altering drugs is known as :
- (A) Drug psychosis. (B) A substance related disorder.
(C) An orthopsychosis. (D) A psychotropic disorder.
19. The antisocial personality :
- (A) Avoids other people as much as possible.
(B) Is relatively easy to treat effectively by psychotherapy.
(C) Tends to be selfish and lacking remorse.
(D) Usually gives a bad first impression.
20. Obsessive-compulsive behavior, panic, and phobias are formally classified as _____ disorders.
- (A) Psychotic. (B) Manic.
(C) Anxiety. (D) Mood.

**SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION
MARCH 2022****Counselling Psychology****CPY 6B 04—HEALTH PSYCHOLOGY****(2014 to 2018 Admissions)****(Multiple Choice Questions for SDE Candidates)****Time : 15 Minutes****Total No. of Questions : 20****Maximum : 20 Marks****INSTRUCTIONS TO THE CANDIDATE**

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CPY 6B 04—HEALTH PSYCHOLOGY

(Multiple Choice Questions for SDE Candidates)

1. Which of these things is health psychology concerned with ?
 - (A) What causes illness ?
 - (B) Who is responsible for illness ?
 - (C) How should illness be treated ?
 - (D) All of the above.
2. Which of these is a stage in the Stages of Change Model ?
 - (A) Study.
 - (B) Contemplation.
 - (C) Deliberation.
 - (D) Meditation.
3. Which law relates to a person's right to choose whether they want treatment or not ?
 - (A) The Misuse of Drugs Act 1971.
 - (B) The Health and Safety at Work e.t.c. Act 1974.
 - (C) The Mental Capacity Act 2005.
 - (D) The Medicines Act 1968
4. _____ is a physical response.
 - (A) Habit.
 - (B) Emotions.
 - (C) Feelings.
 - (D) Thinking.
5. _____ is the seat of primary emotions.
 - (A) Thalamus.
 - (B) Adrenal gland.
 - (C) Thyroid gland.
 - (D) None of these.
6. I.Q is related with _____.
 - (A) Intelligence.
 - (B) Emotion.
 - (C) Folkways.
 - (D) Mathematics.
7. The correct order of Hans Seyle's General Adaptation Syndrome are :
 - (A) Alarm, resistance, exhaustion.
 - (B) Resistance, alarm, exhaustion.
 - (C) Exhaustion, alarm, resistance.
 - (D) Alarm, exhaustion, resistance.

8. Stress management training is based on a _____ theory of stress.
- (A) Cognitive. (B) Behavioural.
(C) Psychodynamic. (D) Cognitive behavioural.
9. Cognitive restructuring involves identifying and challenging the accuracy of stress enduring thoughts. Therapists often use the Socratic Method (Beck, 1976) which is also known as :
- (A) Guided tour. (B) Escorted tour.
(C) Guided discovery. (D) Escorted discovery.
10. Well's (2000) approach to managing emotional distress is known as the :
- (A) Self-Regulatory Executive Function model.
(B) Self-regulation model.
(C) Stress inhibition model.
(D) Stress-regulation model.
11. Cognitive restructuring involves :
- (A) Identifying self-talk that is contributing to stress, and challenging it.
(B) Preparing positive self-talk to say to oneself at times of stress.
(C) Interrupting the flow of stressogenic self-talk with more positive talk.
(D) Distraction away from stressogenic thoughts.
12. Interventions designed to reduce stress in children having surgery include :
- (A) Verbal information about any relevant issues.
(B) Playing with the equipment they will see during their operation prior to the operation.
(C) A trip to the operating department.
(D) All of the above.
13. What is the ideal environment for starting to learn relaxation ?
- (A) Listening to instructions on headphones to avoid distraction.
(B) In a group context using biofeedback.
(C) At home listening to deep music and taped instructions.
(D) Led by a trained practitioner in a quiet room and comfortable chair.

14. Why is atherosclerosis especially dangerous when found in the coronary arteries ?
- (A) It can cause a heart attack.
 - (B) It can restrict blood flow to the heart muscle.
 - (C) It can lead to coronary artery disease.
 - (D) All of the above options are correct.
15. Which of the following is NOT a risk factor for cardiovascular disease ?
- (A) Stress.
 - (B) Consumption of aspirin.
 - (C) Obesity.
 - (D) Cigarette smoking.
16. Which of the following is crucial when informational, helpful, and emotional supports are needed for chronically ill patients ?
- (A) Achieving self.
 - (B) Social self.
 - (C) Physical self.
 - (D) Private self.
17. Which of the following guidelines must be adhered to in treating a child suffering from chronic illness ?
- (A) The child must not be exposed to isolating and terrifying procedures to treat their condition.
 - (B) Encouraging the child to believe that the chronic illness is a punishment for bad behavior.
 - (C) Making the child's family participation in the illness and treatment process mandatory.
 - (D) The child must not be informed about the illness as it may lead to distress.
18. According to the World Health Organization, which of these is NOT a main cause of chronic disease and long-term impairments in developing countries ?
- (A) Poor education.
 - (B) Poor diet.
 - (C) Poor sanitation.
 - (D) Poor housing.
19. Health psychology is linked to :
- (A) The behavioral sciences.
 - (B) Clinical psychology.
 - (C) Behavioral medicine.
 - (D) All of the above.
20. Currently the major cause of illness is :
- (A) Behavior or lifestyle.
 - (B) Genetic or family background.
 - (C) Care taken during childhood.
 - (D) Work environments.

**SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION
MARCH 2022**

Counselling Psychology

CPY 6B 04—HEALTH PSYCHOLOGY

(2014 to 2018 Admissions)

Time : Three Hours

Maximum : 80 Marks

Part A

Answer all ten questions.

Each question carries 1 mark.

Fill in the blanks :

1. Coping that aims at problem solving or doing something to alter the source of stress is termed _____.
2. _____ are the things in our environment that creates an adjustive demand in us.
3. _____ model assumes that the likelihood of a person engaging in a specific health behavior is a function of several beliefs
4. Using alternative activities to take one's mind off a problem a tendency opposite to suppression of competing activities like day dreaming is _____.
5. The social cognitive theory was proposed by _____.
6. _____ refers to your overall functioning in relation to your feelings.
7. Higher or more frequent dosing to achieve initial effect of drug is termed _____.
8. _____ is the emotional state of a living being, of low tension, in which there is an absence of arousal that could come from sources such as anger, anxiety or fear.
9. According to _____ model the initiation and maintenance of health behavior includes a motivation and a volition phase.
10. In _____ disease the cells begin to grow out of control.

(10 × 1 = 10 marks)

Turn over

Part B

Answer all questions in two or three sentences each.

Each question carries 2 marks.

11. Eustress.
12. Suppression
13. Denial.
14. Meditation.
15. Yoga.
16. Well-being.
17. Cancer.
18. Relaxation.
19. Tolerance.
20. Alzheimer's disease.

(10 × 2 = 20 marks)

Part C

Answer any six questions in a paragraph to one page.

Each question carries 5 marks.

21. Which are the indicators of stress ?
22. Examine problem focused coping.
23. What is healthy eating ?
24. Substance abuse.
25. How do we manage pain using behavioural techniques ?
26. Which are the different ways for helping individuals cope with cancers ?
27. Explain the characteristics of dependence.
28. Explain the psychosocial and emotional issues in ageing.

(6 × 5 = 30 marks)

Part D

Answer any two questions.

Each question carries 10 marks.

29. What are stressors ? Explain the major causes of stress ?
30. Explain the motivational model of health behavior change.
31. Which are the different techniques to manage stress ? Explain.
32. Compare biological model and bio-psychosocial model of health.

(2 × 10 = 20 marks)

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SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION, MARCH 2022

Counselling Psychology

CPY 6B 03—COGNITIVE PSYCHOLOGY

(2014 to 2018 Admissions)

(Multiple Choice Questions for SDE Candidates)

Time : 15 Minutes**Total No. of Questions : 20****Maximum : 20 Marks****INSTRUCTIONS TO THE CANDIDATE**

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CPY 6B 03—COGNITIVE PSYCHOLOGY

(Multiple Choice Questions for SDE Candidates)

1. When infants are placed in the middle of a visual cliff, they usually ?
 - (A) Remain still.
 - (B) Move to the shallow side of the apparatus.
 - (C) Move to the deep side of the apparatus.
 - (D) Approach their mothers when called, whether that requires moving to the shallow or deep side.
2. The fact that we can walk and chew gum at the same time illustrates that :
 - (A) Our attention depends on different motor systems.
 - (B) We use selective attention.
 - (C) We use divided attention.
 - (D) We use sequential attention.
3. Inductive reasoning goes from the specific to the general. Which of the following is analogous to inductive reasoning ?
 - (A) Top-down processing.
 - (B) Bottom-up processing.
 - (C) Perceptual expectancies.
 - (D) Illusions.
4. Cross-cultural experiences suggest that pictorial cues for depth perception are :
 - (A) Universal.
 - (B) Learned.
 - (C) Irrelevant.
 - (D) Illusions.
5. Procedural memory would be affected by damage to the :
 - (A) Cerebrum.
 - (B) Cerebellum.
 - (C) Motor cortex.
 - (D) Limbic system.
6. According to the interference theory of forgetting :
 - (A) Memory capacity is limited so that when new information is brought in, older memories must be removed.
 - (B) New learning can inhibit the retrieval of stored memory, and vice-versa.
 - (C) Forgetting is directly related to the complexity and meaningfulness of the incoming information.
 - (D) Cues present at the time of learning interfere with memory retrieval.

7. _____ memory is that part of long-term memory containing factual information.
- (A) Episodic. (B) Semantic.
(C) Declarative. (D) Procedural.
8. The kind of memory that lasts for only a second or two is :
- (A) Long-term memory. (B) Short-term memory.
(C) Eidetic memory. (D) Sensory memory.
9. Your recollections about your last birthday are stored in your _____ memory.
- (A) Episodic. (B) Semantic.
(C) Retroactive. (D) Short-term.
10. Information in long-term memory can be retained up to :
- (A) 30 seconds. (B) 1 hour.
(C) Many years. (D) 2 seconds.
11. A detailed, practical, and workable solution to a problem is called a(n) _____ solution.
- (A) Heuristic. (B) General.
(C) Functional. (D) Specific.
12. If you wanted to enhance creativity, you would want to :
- (A) Isolate yourself.
(B) Make a rash decision.
(C) Dig deeper into a problem with logic.
(D) Look for analogies.
13. The term "cognition" includes :
- (A) Thinking, problem solving, reasoning, and dreaming.
(B) Classical and instrumental conditioning.
(C) The use of memory systems.
(D) An active process by which sensory input is selected, organized, and integrated.

14. The items actually selected for an intelligence test provide a(n) _____ definition of intelligence.
- (A) Functional. (B) Valid.
(C) Reliable. (D) Operational.
15. The best summary statement regarding the role of heredity on human intelligence is that :
- (A) Heredity may impose upper limits on intelligence.
(B) Heredity may impose lower limits on intelligence.
(C) Intelligence is almost completely related to genetic inheritance.
(D) The similarity in IQ scores among maternal relatives is greater than that among paternal relatives.
16. The correlation of intelligence test scores between identical twins is :
- (A) Higher when they are raised together than when they are raised apart.
(B) Lower than that for fraternal twins raised together.
(C) The same as that for any other blood relatives.
(D) The same whether they are reared together or apart.
17. Who has regarded intelligence as a capacity of the organism to adjust itself to an increasingly complex environment ?
- (A) Guilford. (B) Jensen.
(C) Spencer. (D) Gallon.
18. Two-factor theory of intelligence was advanced by :
- (A) Galton. (B) Carl Spearman.
(C) Spencer. (D) Terman.
19. According to Sternberg, the ability to analyze and evaluate ideas, solve problems, and make decisions is best described as :
- (A) Logical intelligence. (B) Analytical intelligence.
(C) Practical intelligence. (D) Essential intelligence.
20. Which construct from Sternberg's triarchic theory of intelligence includes the ability to find the best fit between the individual and the environment ?
- (A) Creative. (B) Practical.
(C) Incremental. (D) Linguistic

SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION, MARCH 2022

Counselling Psychology

CPY 6B 03—COGNITIVE PSYCHOLOGY

(2014 to 2018 Admissions)

Time : Three Hours

Maximum : 80 Marks

Part A*Answer all questions in a word.**Each question carries 1 mark.*

1. _____ refers to the processes through which information coming from the senses is transformed, reduced, elaborated, recovered and used.
 - (a) Attention.
 - (b) Sensation.
 - (c) Cognition.
 - (d) Memmory.
2. _____ seeks a scientific study of life-sustaining functions in living matter, primarily through empirical.
 - (a) Psychology.
 - (b) Anthropology.
 - (c) Philosophy.
 - (d) Physiology.
3. John Dewey was an early _____.
 - (a) Structuralist.
 - (b) Pragmatist.
 - (c) Functionalist.
 - (d) Empiricist.
4. _____ proposed the concept of cell assemblies as the basis for learning in the brain.
 - (a) Donald Hebb.
 - (b) Wolfgang Kohler.
 - (c) Karl Spencer Lashley.
 - (d) Noam Chomsky.
5. _____ is the memory which stores life events.
 - (a) Declarative.
 - (b) Procedural.
 - (c) Immediate memmory.
 - (d) None of the above.

Fill in the blanks. Each question carries 1 mark :

6. _____ is a set of approaches in the fields of artificial intelligence, cognitive psychology etc.
7. _____ school of thought was proposed by J B Watson.
8. _____ proposed two factor theory of Intelligence.
9. _____ intelligence which help us think in terms of physical space, as do architects and sailors.
10. _____ proposed the theory of emotional intelligence.

(10 × 1 = 10 marks)

Part B

Answer all questions.

Write short notes.

Each question carries 2 marks.

- | | |
|--------------------------------------|---------------------------|
| 11. Structuralism. | 12. Declarative memory. |
| 13. Law of effect. | 14. Neuropsychology. |
| 15. Artificial Intelligence. | 16. Elaboration. |
| 17. Bodily-kinesthetic intelligence. | 18. Creativity. |
| 19. Self- regulation. | 20. Divergent production. |

(10 × 2 = 20 marks)

Part C

Answer any six questions in a paragraph.

Each answer carries 5 marks.

21. What is cognitive neuroscience ? Which are the methods employed in cognitive neuroscience ?
22. Explain the technological underpinnings of cognitive psychology.
23. Levels of processing model in memory.
24. Explain Vernon's hierarchical model of Intelligence.
25. How did Sternberg explained the concept of meta-components of Intelligence.
26. Components of Emotional Intelligence.

27. Explain the cognitive processes of intelligence according to PASS model.
28. Elaborate the content dimension in Guilford's structure of Intellect model.

(6 × 5 = 30 marks)

Part D (Essay Question)

*Answer any two questions.
Each answer carries 10 marks.*

29. Examine the different perspectives of cognitive psychology.
30. Explain the traditional model of memory.
31. Explain the bottom up theories of visual perception.
32. Evaluate the factor theories of Intelligence.

(2 × 10 = 20 marks)

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SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION, MARCH 2022**Counselling Psychology****CPY 6B 02—PERSONALITY PSYCHOLOGY****(2014 to 2018 Admissions)****(Multiple Choice Questions for SDE Candidates)****Time : 15 Minutes****Total No. of Questions : 20****Maximum : 20 Marks****INSTRUCTIONS TO THE CANDIDATE**

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CPY 6B 02—PERSONALITY PSYCHOLOGY

(Multiple Choice Questions for SDE Candidates)

1. What name did Freud give to his model of the mind which comprised the Id, Ego and Superego?
 - (A) Genetic model.
 - (B) Structural model.
 - (C) Topographical model.
 - (D) Unconscious model.
2. Which of the following is a technique Freud used in therapy?
 - (A) Dream analysis.
 - (B) Free association.
 - (C) Projective techniques.
 - (D) All of these.
3. According to Freud, what was the consequence of the physical inability of women to overcome penis envy and the reason their personality would never fully develop?
 - (A) Their id could never fully develop.
 - (B) Their ego could never fully develop.
 - (C) Their superego could never fully develop.
 - (D) All of the above.
4. A personality theory is a (n):
 - (A) Category used to describe personality.
 - (B) Inter-related system of concepts used to explain personality.
 - (C) Relatively permanent set of behavior patterns.
 - (D) Subjective evaluation of a person.
5. Which of the following is an unconscious personality structure made up of biological urges seeking fulfillment?
 - (A) Ego.
 - (B) Id.
 - (C) Superego.
 - (D) Subconscious.
6. Criticisms of Freud's developmental theory have centered on:
 - (A) The over-emphasis on sexuality in personality development.
 - (B) Freud's treatment of father-daughter relationship.
 - (C) The need for a stem or threatening mother in the development of conscience.
 - (D) The unimportance of the first years of life in the formation of personality.

7. According to Jung, art, religion, myths, and drama are important to individual functioning because they :
- (A) Facilitate conscious development.
 - (B) Are symbols that appeal to basic archetypes.
 - (C) Provide the means for achieving control over a hostile environment.
 - (D) Transmit specific information for solving developmental tasks.
8. What do psychologists mean by the term trait-situation interaction ?
- (A) Situations change traits. (B) Situations create new traits.
 - (C) Traits determine situations. (D) Situations affect how traits are exhibited.
9. According to the humanists, _____ occurs when people are free from dependence on external authority or on other people.
- (A) Autonomy. (B) Spontaneity.
 - (C) Peak experience. (D) Task centering.
10. According to behaviorists :
- (A) Hostile, generous, or destructive impulses arise in the unconscious.
 - (B) Personality is acquired through conditioning and observational learning.
 - (C) Personality is strongly influenced by ones self-image.
 - (D) Personality develops from initial feelings of inferiority.
11. Which is included as one of the traits Maslow theorized were possessed by self-actualizer ?
- (A) Egocentrism. (B) Extraversion.
 - (C) Superior intelligence. (D) Capacity to laugh at oneself.
12. We each have a perception of our own personality traits. This perception strongly influences our behavior. Psychologists call this perception :
- (A) Self-evaluation. (B) Inner concept.
 - (C) Self-concept. (D) Self-esteem.
13. According to Freud, the Oedipal and Electra conflicts end when a child takes on the values and behaviors of the same sex parent in a process called :
- (A) Fixation. (B) Imitation.
 - (C) Observation. (D) Identification.

14. The position that personality is composed of learned patterns is held by :
- (A) Neo-Freudians.
 - (B) Humanists.
 - (C) Behaviorists or behavioral personality theorists.
 - (D) Psychoanalytic theorists.
15. Which theory of personality was developed by Sigmund Freud ?
- (A) Psychoanalytic.
 - (B) Behavioristic.
 - (C) Humanistic.
 - (D) Psychosocial.
16. Behaviorists are to the external environment as humanists are to :
- (A) Stress.
 - (B) Personal growth.
 - (C) Humankind.
 - (D) Internal conflicts.
17. Freud believed that at each psychosexual stage a different part of the body becomes :
- (A) Id-fixated.
 - (B) Archetypical.
 - (C) An erogenous zone.
 - (D) A source for modeling.
18. Self-actualization refers to :
- (A) A tendency that causes human personality problems.
 - (B) What it is that makes certain men and women famous.
 - (C) Anyone who is making full use of his or her potentials.
 - (D) The requirements necessary for becoming famous, academically distinguished, or rich.
19. _____ theories stress private, subjective experience and personal growth.
- (A) Trait.
 - (B) Humanistic.
 - (C) Behavioristic.
 - (D) Psychodynamic.
20. Critics of psychoanalytic personality theory note its failure to :
- (A) Be able to predict future behavior.
 - (B) Provide a role for biological instincts in personality development.
 - (C) Explain psychological events after they have occurred.
 - (D) Emphasize the importance of human sexuality.

**SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION
MARCH 2022****Counselling Psychology****CPY 6B 01—COUNSELLING PSYCHOLOGY—II****(2014 to 2018 Admissions)****(Multiple Choice Questions for SDE Candidates)****Time : 15 Minutes****Total No. of Questions : 20****Maximum : 20 Marks****INSTRUCTIONS TO THE CANDIDATE**

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CPY 6B 01—COUNSELLING PSYCHOLOGY—II

(Multiple Choice Questions for SDE Candidates)

1. A person's career includes many significant events and experiences but in which areas has work psychology been able to make a contribution ?
 - (A) Career counselling.
 - (B) Career choice.
 - (C) Mentoring.
 - (D) All of the above.
2. Which type of psychotherapy views the process of helping others as a form of teaching ?
 - (A) Humanistic therapy.
 - (B) Behavior therapy.
 - (C) Psychoanalytic therapy.
 - (D) Client-centered therapy.
3. A contemporary neo-Freudian form of psychotherapy that ignores unconscious motivation is called :
 - (A) Social skills training.
 - (B) Systematic desensitization.
 - (C) Interpersonal psychotherapy.
 - (D) Assertiveness training.
4. According to Rogers, the ability of the therapist to share the client's emotions is an important process called :
 - (A) Reflection.
 - (B) Empathy.
 - (C) Catharsis.
 - (D) Transference.
5. Behavior therapy teaches skills based on methods derived from :
 - (A) Classical conditioning.
 - (B) Operant conditioning.
 - (C) Information-processing theory.
 - (D) (A) and (B) above.
6. Persuading clients to abandon their erroneous ways of thinking is a goal of :
 - (A) Aversive conditioning.
 - (B) Cognitive therapy.
 - (C) Systematic desensitization.
 - (D) Social skills training.
7. Board-certified psychologists :
 - (A) Are more competent than those who are not.
 - (B) Are eclectic psychiatrists.
 - (C) Are the only ones who accept health insurance.
 - (D) Have met national standards for competency.

8. Which therapy would be most focused on exploring childhood relationships ?
- (A) Behavioral therapy. (B) Cognitive therapy.
(C) Humanistic therapy. (D) Psychodynamic therapy.
9. Which of the following is the most important ingredient for successful counselling or therapy ?
- (A) The therapist's support of the client.
(B) The number of sessions.
(C) The type of therapy.
(D) The client's age.
10. Which of the following do cognitive therapists believe ?
- (A) Uncovering childhood trauma is the goal of therapy.
(B) How we think is an important part of how we feel.
(C) Altering one's unhealthy routines alone will lead to psychological well-being.
(D) Certain medications are needed to help people maintain psychological health.
11. _____ is a short-term therapy that focuses on encouraging client's strengths.
- (A) Cognitive-behavioral therapy. (B) Integrative therapy.
(C) Common-factors therapy. (D) Well-being therapy.
12. Feeling touchy or hypersensitive following an upsetting experience is a form of _____.
- (A) Imprinting. (B) Habituation.
(C) Sensitization. (D) Reflexive Behaviour.
13. Self is conceptualized in Western and Eastern perspectives on personality, respectively as :
- (A) Free and deterministic. (B) Instinctive and learned.
(C) Ideal and real. (D) Independent and interdependent.
14. People with moderate mental retardation would have an IQ in the range of _____.
- (A) 10 to 19. (B) 35 to 54.
(C) 55 to 70. (D) 20 to 34.

15. _____ helps the teacher to understand his pupils, whose education or training is his responsibility.
- (A) Child psychology. (B) Clinical psychology.
(C) Developmental psychology. (D) Educational psychology.
16. Maturation and _____ go hand in hand in development.
- (A) Evolution. (B) Involution.
(C) Development. (D) Learning.
17. _____ is a process of getting an object of thought clearly before the mind.
- (A) Perception. (B) Attention.
(C) Motivation. (D) Intelligence.
18. Warm, friendly understanding condition which is essential for an effective relationship between the client and the counsellor.
- (A) Rapport. (B) Transference.
(C) Attitude. (D) Relationship.
19. Counselling psychology differs from clinical psychology in that :
- (A) It is more concerned with the treatment of inpatients.
(B) It is more concerned with severe behavior pathology.
(C) It is more concerned with everyday problems in living.
(D) All of the above.
20. Which is NOT the type of question typically addressed by clinical assessment ?
- (A) What is this person's diagnosis ?
(B) What type of intervention might be optimal ?
(C) Does this person have executive potential ?
(D) Does this person need to be hospitalized ?

**SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION
MARCH 2022**

Counselling Psychology

CPY 6B 01—COUNSELLING PSYCHOLOGY—II

(2014 to 2018 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

Answer the following.

Each question carries 1 mark.

1. _____ is the ethical principle in counselling, which demands that persons be treated equally.
2. _____ as the processes you will need to repeatedly follow to achieve the counselling result.
3. _____ is the capacity to understand or feel what another person is experiencing from within their frame of reference.
4. In order to cope with the sources of anxiety, the ego uses _____.
5. _____ is use of a drug in amounts or by methods which are harmful to the individual or others.
6. _____ provide physical and psychological assessment services for older adults, along with counselling and assistance with problems interfering with a senior's quality of life.
7. _____ refers to methods used to offer immediate, short-term help to individuals who experience an event that produces emotional, mental, physical, and behavioral distress or problems.
8. Group counselling seeks to give people a safe and comfortable place where they can work out problems and emotional concerns.
9. _____ is the process by which counsellors gather the information they need to form a holistic view of their clients and the problems with which they presents.
10. _____ goals give direction to the counselling process and help both the clinician and the client to move in a focused direction.

(10 × 1 = 10 marks)

Turn over

Section B

Answer all questions.

Each question carries 2 marks.

11. Counselling interview.
12. Diagnosis.
13. Crisis Intervention.
14. Behavioural change.
15. Encounter groups.
16. Career counselling.
17. Geriatric counselling.
18. Summarizing.
19. Self help group.
20. Group counselling.

(10 × 2 = 20 marks)

Section C

Answer any six questions.

Each question carries 5 marks.

21. Psychological testing.
22. Major Ethical issues in counselling.
23. Effective leadership.
24. Skills of Counsellor.
25. Substance abuse Counselling.
26. Listening techniques in Counselling.
27. Stages of Counselling.
28. Vocational Counselling.

(6 × 5 = 30 marks)

Section D

Answer any two questions.

Each question carries 10 marks.

29. Explain the dynamics of group Counselling.
30. Describe the processes and areas of Counselling.
31. Elucidate the strategies and techniques of Counselling process.
32. Explain the goals and relationships in counselling.

(2 × 10 = 20 marks)

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