

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai — 600 044.

M.Sc. END SEMESTER EXAMINATIONS NOVEMBER - 2022

SEMESTER - I

22PCPCT1002 - Behaviour Modification

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section A

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Understand the significance of Self report.
2. Explain Direct observation.
3. Describe the types of relaxation.
4. Understand the strategies in problem solving.
5. Mention the goals in CBT.
6. Explicate the causes and risk factors of obesity.
7. Use of behaviour modification in smoking.
8. Explain the concept of behaviour skills training.

Section B

Part A

Answer any **TWO** questions ($2 \times 10 = 20$ Marks)

9. Elaborate the salient features of behaviour modification.
10. Contrast systematic desensitization with flooding.
11. Enunciate the advantages of using behaviour modification for substance abuse.
12. Explain the components in behaviour skills training.

Part B

Compulsory question ($1 \times 10 = 10$ Marks)

13. Elaborate on the stages of CBT.
