

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.(Coun.Psy) END SEMESTER EXAMINATIONS APRIL - 2023  
SEMESTER - I

**22PCPCT1002 - Behaviour Modification**

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

**Section B**

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

1. Explain behavioural interview.
2. Write a short note on systematic desensitization.
3. Elucidate the stages of Cognitive behavioural therapy.
4. Outline the behavioural modification technique for substance abuse.
5. Highlight the various behavioural skills training procedures.
6. Discuss the role of Relaxation in behaviour modification.
7. Enlist the various behavioural modification techniques for Depression.
8. Outline the historical perspective of behaviour modification.

**Section C**

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

9. Write an essay on techniques of behavioural assessment.
10. Discuss operant conditioning techniques of behaviour modification.
11. Outline the techniques of Rational Emotive Behavioural coaching.
12. Explain the behaviour modification for anxiety.

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

13. Elaborate the various components of the behavioural skills training procedures.

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