

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.Counselling Psychology - END SEMESTER EXAMINATIONS - NOV'2024
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 assessments - behavioural interview, self-monitoring, self-report and direct observation.
2. Describe aversive therapy and flooding.
3. Classify the techniques of cognitive behavioral therapy.
4. Explain behaviour modification for anxiety and depression.
5. Label the stages of cognitive behavioral therapy.
6. Classify self control procedures.
7. Explain behavioural skills training procedures.
8. Predict any three applications for behavioural skill training procedures.

Section C

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

9. Explain historical perspectives and salient features of behaviour modification.
10. Analyse the nature background, process and goals of rational emotive behavioural coaching.
11. Determine the techniques of Relaxation, Systematic Desensitization and Assertive training.
12. Diagnose components of the behavioural skill training procedures.

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

13. Recommend behaviour modification for substance abuse, obesity and smoking.
