

**FIFTH SEMESTER U.G. DEGREE [SPECIAL] EXAMINATION
NOVEMBER 2020**

(CUCBCSS—UG)

Psychology

PSY 5D 02—LIFE SKILL APPLICATIONS

(2017 Admissions)

Time : Two Hours

Maximum : 40 Marks

Part A

All questions to be attended.

½ mark each.

Select the correct answer :

1. The first step involved in _____ is defining the problem.
 - a) Problem solving.
 - b) Communication.
 - c) Assertiveness.
 - d) Life skills.
2. A person who displays a positive outlook, control of emotions and the capacity to appreciate others possesses good
 - a) Interpersonal skills.
 - b) Intelligence.
 - c) Emotions.
 - d) Personality.
3. The ability to understand another person's feelings is called :
 - a) Creativity.
 - b) Empathy.
 - c) Life skills.
 - d) Emotional regulation.
4. Active listening includes listening to the spoken words and to _____.
 - a) Unspoken words.
 - b) Body language.
 - c) Pauses.
 - d) All of these.

Fill in the blanks

5. _____ skills help to arrive at a compromise or agreement in a dispute.
6. _____ is the process of converting thoughts or ideas into message.

Turn over

7. _____ gives one the capacity to understand one self.
8. Creativity is one among the ten core _____.

(8 × ½ = 4 marks)

Part B

All questions can be attended and overall ceiling.

Write short answers.

Answer any five questions.

2 marks each.

- | | |
|------------------------|--------------------------------------|
| 9. Gestures. | 10. Verbal communication. |
| 11. Life skills. | 12. Flexible thinking. |
| 13. Creativity. | 14. Role of loyalty in relationship. |
| 15. Negotiating skill. | |

(5 × 2 = 10 marks)

Part C

All questions can be attended and overall ceiling.

Write a short essay on any four.

4 marks each.

16. Steps of problem solving.
17. Skills in making friendships.
18. What are the ways a person can communicate apart from using words and language ?
19. Why is it important to learn active listening ?
20. Why is it important to understand another person's situation as how they experience it ?
21. Explain the ten core life skills.

(4 × 4 = 16 marks)

Part D

All questions can be attended and overall ceiling.

Write an essay on any one.

10 marks each.

22. Explain self awareness. What are the skills required to become self aware ?
23. Describe the skills involved in decision making and the importance of effective decision making in

(1 × 10 = 10 marks)

**FIFTH SEMESTER U.G. DEGREE [SPECIAL] EXAMINATION
NOVEMBER 2020**

(CUCBCSS—UG)

Psychology

PSY 5D 01—PSYCHOLOGY OF PERSONAL GROWTH

(2017 Admissions)

Time : Two Hours

Maximum : 40 Marks

Part A

*All questions to be attended.
Each question carries ½ mark.*

Choose the correct answer from the options given :

1. _____ school was established by Sigmund Freud.
 - a) Behaviouristic.
 - b) Psycho analytic.
 - c) Existential.
 - d) Humanistic.
2. A _____ describes a person's overall sense of self-worth or personal value.
 - a) Self esteem.
 - b) Self efficacy.
 - c) Self confidence.
 - d) Self regulation.
3. _____ is father of positive psychology.
 - a) Abraham Maslow.
 - b) Martin Seligman.
 - c) Snyder and Lopez.
 - d) Daniel Goleman.
4. The highest level of need according to Abraham Maslow is _____.
 - a) Self esteem.
 - b) Love and belongingness.
 - c) Self actualization.
 - d) Safety.

Fill in the blanks :

5. A _____ occurs when two or more actors oppose each other in social interaction
6. _____ is the formal practice of controlling the breath, which is the source of our prana.

Turn over

7. _____ refers to positive emotions and expression, including cheerfulness, enthusiasm, energy and joy.
8. The practice of turning one's attention to a single point of reference is _____.

(8 × ½ = 4 marks)

Part B

*All questions can be attended and overall ceiling.
Answer any **five** questions in two or three sentences each.
Each question carries 2 marks.*

- | | |
|----------------------|-----------------------------|
| 9. Personal growth. | 10. Counselling Psychology. |
| 11. Agency thinking. | 12. Ego states. |
| 13. Happiness. | 14. Optimism. |
| 15. Self-efficacy. | |

(5 × 2 = 10 marks)

Part C

*All questions can be attended and overall ceiling.
Answer any **four** questions in a paragraph to one page.
Each question carries 4 marks.*

16. How can we manage frustrations in life ?
17. Examine positive and negative emotions.
18. What are the different types of transactions in TA ?
19. What is the Scope of Psychology ?
20. Which are the factors that affect emotion development ?
21. What are the effects of happiness on human behaviour ?

(4 × 4 = 16 marks)

Part D

*All questions can be attended and overall ceiling.
Answer any **one** question.
The question carries 10 marks.*

22. Explain the different yoga techniques to enhance personal and social wellbeing.
23. Examine different stress management techniques.

(1 × 10 = 10 marks)

**FIFTH SEMESTER U.G. DEGREE (SPECIAL) EXAMINATION
NOVEMBER 2020**

(CUCBCSS—UG)

Psychology

PSY 5B 05—HEALTH PSYCHOLOGY

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

*Answer all questions.
Each question carries 1 mark.*

Choose the correct answer :

1. _____ is a stimulus which arise from within the body.
(a) Emotion. (b) Sight.
(c) Smell. (d) Touch.
2. _____ is the seat of primary emotions.
(a) Thalamus. (b) Adrenal gland.
(c) Thyroid gland. (d) None of these.
3. _____ is a term used synonymously with the term 'need'.
(a) Urge. (b) Desire.
(c) Want. (d) All.
4. _____ is a basic emotion of man.
(a) Anger. (b) Fear.
(c) Love. (d) All.
5. Which of the below is not an example of a healthy behaviour ?
(a) Taking regular exercise. (b) Skipping breakfast.
(c) Eating healthy food. (d) 6-8 hours sleep.

Turn over

6. which method trains people to modify internal monologues to promote healthy behaviour ?
7. Self monitoring belongs to which approach in behaviour modification ?
8. Fight or flight response to stress is developed by :
9. Kubler -Ross's five stage theory deals with :
10. What is the most important source of Social support for an individual.

(10 × 1 = 10 marks)

Section B

*Answer at least five questions.
Each question carries 4 marks.
All questions can be attended.
Overall Ceiling 20.*

11. Prevention.
12. Cancer.
13. Obesity.
14. Quality of life.
15. Biomedical model.
16. Wellness.
17. Social support.
18. Modelling.
19. Terminal illness.
20. Mind-body dualism.

(5 × 4 = 20 marks)

Section C

*Answer at least five questions.
Each question carries 6 marks.
All questions can be attended.
Overall Ceiling 30.*

21. Models of prevention.
22. Health enhancing behaviours.
23. Theory of planned behaviour.
24. Moderators of coping stress.

25. The health belief model.
26. Transtheoretical model.
27. General Adaptation Syndrome.
28. Social support.

(5 × 6 = 30 marks)

Section D

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

29. What is Health Psychology ? Explain the need and significance of the field.
30. Explain the psychological management of advancing and terminal illnesses.
31. What are health behaviours ? Explain the theoretical models of health behaviour change.
32. Define stress. Elucidate the theoretical contributions to stress.

(2 × 10 = 20 marks)

CHMK LIBRARY UNIVERSITY OF CALICUT

**FIFTH SEMESTER U.G. (CUCBCSS—UG) DEGREE [SPECIAL]
EXAMINATION, NOVEMBER 2020**

Psychology

PSY 5B 04—PSYCHOLOGICAL COUNSELLING

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

*Answer all questions.
Each question carries 1 mark.*

1. Which of these involves the shifting of blame or assigning of one's faults to others :
 - a) Displacement.
 - b) Projection.
 - c) Reaction formation.
 - d) Rationalization.
2. Through which technique the counselor sense what the client is half saying ?
 - a) Advanced Empathy.
 - b) Immediacy.
 - c) Probing.
 - d) Empathy.
3. In which technique counselor shares with the client his or her feelings, thoughts and experiences that are relevant to the situation presented by the client :
 - a) Empathy.
 - b) Genuineness.
 - c) Reflection.
 - d) Self-disclosure.
4. Who launched Person centered counseling ?
 - a) Sigmund Freud.
 - b) B. F. Skinner.
 - c) Carl Rogers.
 - d) Albert Ellis.
5. Release of pent-up emotion is known as :
 - a) Transference.
 - b) Resistance.
 - c) Rapport.
 - d) Catharsis.

Fill in the blanks :

6. _____ developed cognitive counselling.
7. Ego functions on the basis of - _____ principle.
8. The collaborative relationship between client and counselor is known as _____.

Turn over

9. _____ are the royal roads to unconscious.
10. _____ is termed as AIDS.

(10 × 1 = 10 marks)

Section B

Answer at least five questions.

Each question carries 4 marks.

All questions can be attended.

Overall Ceiling 20.

- | | |
|----------------------|----------------------|
| 11. Empathy. | 12. Rapport. |
| 13. Transference. | 14. Token economy. |
| 15. Silence. | 16. Reassurance. |
| 17. Career. | 18. Confidentiality. |
| 19. Cognitive triad. | 20. Truancy. |

(5 × 4 = 20 marks)

Section C

Answer at least five questions.

Each question carries 6 marks.

All questions can be attended.

Overall Ceiling 30.

21. How can a counselor help clients to identify and set goals ?
22. Discuss scope of counseling.
23. What is Eclectic approach ?
24. Elaborate the theoretical concepts in cognitive counseling.
25. Describe forms of poor listening.
26. Explain Interpretation and confrontation.
27. Discuss values in counseling.
28. What is terminal illness ? How do you counsel a person with terminal illness ?

(5 × 6 = 30 marks)

Section D

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

29. Discuss the conditions facilitating effective counselling.
30. Describe the process and techniques of psychoanalytic counseling.
31. Briefly discuss the techniques of counseling.
32. Discuss the role of a school counselor and the common problems seen among school students.

(2 × 10 = 20 marks)

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FIFTH SEMESTER U.G. (CUCBCSS—UG) DEGREE [SPECIAL]
EXAMINATION, NOVEMBER 2020

Psychology

PSY 5B 03—DEVELOPMENTAL PSYCHOLOGY

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

Answer all questions.

Each question carries 1 mark.

1. Founder of child study movement :
 - (a) John Locke.
 - (b) Jean-Jacques Rousseau.
 - (c) Charles Darwin.
 - (d) Stanley Hall.
2. _____ consists of vocabulary and how concepts are expressed through words.
 - (a) Semantics.
 - (b) Morphology.
 - (c) Syntax.
 - (d) Pragmatics.
3. Infant twists foot and fans out toes in _____ reflexes.
 - (a) Blinking.
 - (b) Babinski.
 - (c) Moro.
 - (d) Grasping.
4. Learning based on consequences of behaviour is a major theme in :
 - (a) Classical conditioning.
 - (b) Social learning theory.
 - (c) Observational learning.
 - (d) Operant conditioning.
5. Who put forward the concept of assimilation ?
 - (a) Vygotsky.
 - (b) Piaget.
 - (c) Skinner.
 - (d) Watson.
6. _____ is a severe form of impairments to fetus due to mother's drinking.
7. Main architect of social cognitive theory is _____.
8. In _____ reflex infants arches back and throws out arms and legs, then closes.
9. Fetoscopy is a _____ diagnostic method.
10. _____ viewed children as noble savages.

(10 × 1 = 10 marks)

Turn over

Section B

*Answer at least five questions.
Each question carries 4 marks.
All questions can be attended.
Overall Ceiling 20.*

- | | |
|--------------------------------|-------------------------|
| 11. Accommodation. | 12. Trust Vs. mistrust. |
| 13. Germinal period. | 14. Tabula rasa. |
| 15. Gross motor skills. | 16. Assimilation. |
| 17. Syntax. | 18. ZPD. |
| 19. Proximodistal development. | 20. Fetoscopy. |

(5 × 4 = 20 marks)

Section C

*Answer at least five questions.
Each question carries 6 marks.
All questions can be attended.
Overall Ceiling 30.*

21. Explain the language development.
22. Discuss the long term effects of low birth weight.
23. Examine the germinal stage.
24. Explain the prenatal diagnostic methods.
25. Describe the birth complication and their effects.
26. Explain the physical and emotional adjustment during post partum period.
27. Discuss the information processing approach.
28. Explain Vygotsky's theory of development.

(5 × 6 = 30 marks)

Section D

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

29. Elaborate on the characteristics of life span development.
30. Discuss the behaviouristic theories of development.
31. Explain types of teratogens and its effects.
32. Give an account of the new born reflexes and perception of new born infant.

(2 × 10 = 20 marks)

**FIFTH SEMESTER U.G. DEGREE (SPECIAL) EXAMINATION
NOVEMBER 2020**

(CUCBCSS—UG)

Psychology

PSY 5B 02—SOCIAL PSYCHOLOGY

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Part A

*Answer all questions.
Each question carries 1 mark.*

Choose the correct answer from the options given :

1. _____ conducted studies on Destructive obedience.
(a) Solomon Asch. (b) Muzafir Sherif.
(c) Stanley Milgram. (d) Jones and Davis.
2. Attribution of internal personal traits to explain other person's behavior is _____.
(a) Fundamental attribution error.
(b) Actor observer effect.
(c) Self-serving bias.
(d) Concrete case bias.
3. _____ is the most intimate nonverbal cue.
(a) Eye contact. (b) Facial expressions.
(c) Gesture. (d) Touch.
4. Efforts to change attitude is called _____.
(a) Inter-personal attraction. (b) Attribution.
(c) Persuasion. (d) Perception.
5. Kelly proposed _____ theory of attribution
(a) Correspondent Inference.
(b) Causal attribution.
(c) Social learning theory.
(d) Equity theory.

Turn over

Fill in the blanks :

6. Two or more people interacting together to achieve a common goal is called a _____.
7. _____ theory of leadership propose that leader behavior depends on followers and the situation.
8. _____ norms indicate what people usually do in a given situation.
9. _____ technique of compliance involves smaller request first and then when denied escalate to larger ones.
10. _____ is a state of intense longing for union with another.

(10 × 1 = 10 marks)

Part B

*Answer at least five questions.
Each question carries 4 marks.
All questions can be attended.
Overall Ceiling 20.*

11. Group think.
12. Social Inhibition.
13. Actor observer effect.
14. Pique technique.
15. Persuasion.
16. Types of social influence.
17. Empathy altruism hypothesis.
18. Theory of correspondent inference.
19. Diffusion of responsibility.
20. Norms.

(5 × 4 = 20 marks))

Part C

*Answer at least five questions.
Each question carries 6 marks.
All questions can be attended.
Overall Ceiling 30.*

21. What are the functions of group ?
22. Examine the drive theory of social facilitation.

23. What characteristics of the victim initiate pro-social behavior ?
24. Why does social loafing occur ?
25. How do we get attracted to each other ?
26. Why does destructive obedience takes place ?
27. What are the applications of attribution theory ?
28. Which are the factors that affect conformity ?

(5 × 6 = 30 marks)

Part D

Answer any two questions.

Each question carries 10 marks.

29. Examine the theories of leadership.
30. How do attitudes change ? Explain.
31. Evaluate Nonverbal cues as a means to understand others.
32. Elucidate the causal factors involved in pro-social behaviour.

(2 × 10 = 20 marks)

**FIFTH SEMESTER U.G. DEGREE [SPECIAL] EXAMINATION
NOVEMBER 2020**

(CUCBCSS—UG)

Psychology

PSY 5B 01—ABNORMAL PSYCHOLOGY—I

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

Answer all questions.

Each question carries 1 mark.

Choose the correct answer :

1. Fear of being in Public Places or situations from which escape would be physically difficult or psychologically embarrassing is referred to as :
 - a) Ochlophobia.
 - b) Agoraphobia.
 - c) Acrophobia.
 - d) Nyctophobia.
2. Which of the following personality disorders is not characterized by anxious or fearful behaviours ?
 - a) Narcissistic personality disorder.
 - b) Dependent personality disorder.
 - c) Obsessive compulsive personality disorder.
 - d) Avoidant personality disorder.
3. The disorder characterized by intentional production or feigning of physical or psychological signs and symptoms, where the motivation for the behaviour is to assume a sick role is :
 - a) Malingering.
 - b) Somatic symptom disorder.
 - c) Illness anxiety disorder.
 - d) Factitious disorder.
4. The technique of systematic sensitization was popularized by :
 - a) Albert Bandura.
 - b) Joseph Breuer.
 - c) Joseph Wolpe.
 - d) Aaron Beck.

Turn over

5. The phenomenon of occurrence of two or more identified disorders in the same physiologically disorder individual is :
- Accommodation.
 - Assimilation.
 - Concordance.
 - Comorbidity.

Fill in the blanks :

- _____ is the method of dealing with stress, involves adjusting to the demands of a situation, which can be task-oriented or defense oriented.
- _____ refers to the study of interactions between the immune system and the nervous system and the influence of these factors on behaviour.
- The type of somatic symptom disorder characterized by preoccupation with certain aspects of the body and obsessions connected with perceived or imagined flaws in their appearance
- _____ is a preventive strategy that prepare people to tolerate an anticipated threat by changing the things we say to ourselves before the crisis.
- The concept of fight or flight mechanism was put forward by _____.

(10 × 1 = 10 marks)

Section B

Answer at least five questions.

Each question carries 4 marks.

All questions can be attended.

Overall Ceiling 20.

- Hormonal imbalances.
- Trephination.
- Adjustment disorders.
- Paranoid personality disorder.
- Primary and secondary gain.
- Ego defense mechanisms.
- Compulsions.
- Stress tolerance.

19. The Nancy school.
20. Assimilation and accommodation.

(5 × 4 = 20 marks)

Section C

Answer at least five questions.

Each question carries 6 marks.

All questions can be attended.

Overall Ceiling 30.

21. General adaptation syndrome.
22. Conversion disorder.
23. Neurotransmitter imbalances.
24. Obsessive compulsive disorder.
25. Multiaxial classification system.
26. Post traumatic stress disorder.
27. Causal factors of somatic symptom disorders.
28. Cluster B personality disorders.

(5 × 6 = 30 marks)

Section D

Answer any two questions.

Each question carries 10 marks.

29. Elaborate as to how different phobias are compared to generalized anxiety disorder.
30. Discuss the clinical picture of Cluster A personality disorders.
31. Examine how different significance of biological perspective to abnormal behaviour.
32. Trace the historical background of abnormal behaviour.

(2 × 10 = 20 marks)

FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS—UG)

Psychology

PSY 5D 02—LIFE SKILL APPLICATIONS

(2017 Admissions)

Time : Two Hours

Maximum : 40 Marks

Part A*All questions to be attended.**Each question carries ½ mark.*

Select the correct answer :

1. The skill involving the ability to accurately attend to and interpret messages which are communicated :
 - a) Listening skill.
 - b) Hearing skill.
 - c) Interpretation skill.
 - d) Attention skill.
2. Being able to stand up for one's own rights or others' rights in a calm and positive manner is
 - a) Communication.
 - b) Assertiveness.
 - c) Creativity.
 - d) Self awareness.
3. Implementing a plan, gathering feedback and evaluating results are the final steps of :
 - a) Communication.
 - b) Life skills.
 - c) Problem solving.
 - d) Critical thinking.
4. Empathy includes :
 - a) Understanding others.
 - b) Developing others.
 - c) Recognizing diversity in people.
 - d) All of these.

Fill in the blanks :

5. In order that you get awareness about others, one needs to first become aware about one's _____.
6. WHO introduced the concept of _____ to educate youth on gender equality and good citizenship.

Turn over

7. _____ thinking enables one to think of original and novel ideas.
8. In body language, lack of eye contact indicates _____.

(8 × ½ = 4 marks)

Part B

*All questions can be attended and overall ceiling.
Each question carries 2 marks.*

9. Interpersonal skills.
10. Creativity.
11. Importance of eye contact.
12. Effective listening.
13. Vocal communication.
14. Decision-making skill.
15. Critical thinking.

(5 × 2 = 10 marks)

Part C

*All questions can be attended and overall ceiling.
Each question carries 4 marks.*

16. Problem solving skill.
17. How can verbal communication be made efficient ?
18. Prepare a plan to make an effective career decision after your graduation.
19. Need for empathy building.
20. In what all ways does self awareness benefit life of a student ?
21. Negotiation skills and its benefits.

(4 × 4 = 16 marks)

Part D

*All questions can be attended and overall ceiling.
Each question carries 10 marks.*

22. Explain the concept and the importance of life skills.
23. What are the survival skills necessary for social living.

(1 × 10 = 10 marks)

FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS—UG)

Psychology

PSY 5D 01—PSYCHOLOGY OF PERSONAL GROWTH

(2017 Admissions)

Time : Two Hours

Maximum : 40 Marks

Part A

*All questions to be attended.
Each question carries ½ mark.*

Choose the correct answer from the options given :

1. _____ is the father of positive psychology.
 - a) Abraham Maslow.
 - b) Martin Seligman.
 - c) Snyder & Lopez.
 - d) Daniel Goleman.
2. The highest level of need according to Abraham Maslow is _____.
 - a) Self esteem.
 - b) Love and belongingness.
 - c) Self actualization.
 - d) Safety.
3. _____ one's belief in one's ability to succeed in specific situations or accomplish a task.
 - a) Self efficacy.
 - b) Self confidence.
 - c) Self monitoring.
 - d) Self control.
4. _____ is the father of Transactional Analysis.
 - a) Alfred Adler.
 - b) Eric Fromm.
 - c) Carl Jung.
 - d) Eric Berne.

Fill in the blanks :

5. _____ branch deals with growth and related set of behaviours.
6. _____ is the ability to understand and manage the emotions of self and others.
7. A _____ occurs when two or more actors oppose each other in social interaction.
8. _____ is the formal practice of controlling the breath, which is the source of our prana.

(8 × ½ = 4 marks)

Turn over

Part B

All questions can be attended and overall ceiling.

Each question carries 2 marks.

- | | |
|-----------------------------|----------------------|
| 9. Self esteem. | 10. Hope. |
| 11. Frustration. | 12. Personal growth. |
| 13. Counselling Psychology. | 14. Agency thinking. |
| 15. Meditation. | |

(5 × 2 = 10 marks)

Part C

All questions can be attended and overall ceiling.

Each question carries 4 marks.

16. How can we apply psychology in our personal life ?
17. Which are the barriers in self development ?
18. What factors determine the development of self-esteem ?
19. How can we manage frustrations in life ?
20. Examine positive and negative emotions.
21. What are the different types of transactions in TA ?

(4 × 4 = 16 marks)

Part D

All questions can be attended and overall ceiling.

Each question carries 10 marks.

22. Define Psychology and explain how it became an independent discipline.
23. Explain the different yoga techniques to enhance personal and social wellbeing.

(1 × 10 = 10 marks)

**FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION
NOVEMBER 2020**

(CUCBCSS—UG)

Psychology

PSY 5B 05—HEALTH PSYCHOLOGY

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

Answer all questions.

Each question carries 1 mark.

1. Health psychology is concerned with _____.
 - (a) What causes illness ?
 - (b) Who is responsible for illness ?
 - (c) How should illness be treated ?
 - (d) All of the above.
2. _____ is not an example of a healthy behaviour ?
 - (a) Taking regular exercise.
 - (b) Internet addiction.
 - (c) Eating healthy food.
 - (d) 6-8 hours sleep.
3. _____ is not an element of the Health Belief Model ?
 - (a) Threat.
 - (b) Expectations.
 - (c) Cure.
 - (d) Socio-demographic factors.
4. Common personal issues in chronic illness are problems with :
 - (a) Self concept.
 - (b) Self esteem.
 - (c) Self perception.
 - (d) All the above.
5. _____ is a physical response.
 - (a) Habit.
 - (b) Emotions.
 - (c) Feelings.
 - (d) Thinking.

Turn over

6. Who proposed theory of planned behaviour.
7. Learning by virtue of observing other's behaviour is known as.
8. Stress is experienced and effect is modified by.
9. Five stage theory of death and dying is proposed by.
10. The term 'mortality' refer to.

(10 × 1 = 10 marks)

Section B

*Answer at least five questions.
Each question carries 4 marks.
All questions can be attended.
Overall Ceiling 20.*

11. Exercise.
12. Illness.
13. Health.
14. Epidemiology.
15. Conditioning.
16. Self monitoring.
17. Habits.
18. Coping.
19. Stress.
20. Relapse.

(5 × 4 = 20 marks)

Section C

*Answer at least five questions.
Each question carries 6 marks.
All questions can be attended.
Overall Ceiling 30.*

21. Need of Health Psychology.
22. Biopsychosocial Model.

23. Operant conditioning.
24. Barriers to modify health behaviour.
25. Psychological appraisal of stress.
26. Mental Health.
27. Cognitive behaviour approaches to health behaviour change.
28. Health Promotion.

(5 × 6 = 30 marks)

Section D

Answer any two questions.

Each question carries 10 marks.

29. What is stress ? Explain the stress management programmes.
30. What are health behaviours ? Explain the methods to modify poor health behaviours.
31. Explain the cognitive behavioural approaches to health behaviour change.
32. What is Health Psychology ? Why is the field of Health Psychology emerged ?

(2 × 10 = 20 marks)

FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS—UG)

Psychology

PSY 5B 04—PSYCHOLOGICAL COUNSELLING

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

*Answer all questions.**Each question carries 1 mark.*

Select the correct answer :

1. Which of these is a non-directive counselling ?
 - a) Client centered counselling.
 - b) Psychoanalytic counselling.
 - c) Behavioural counselling.
 - d) Cognitive counselling.
2. The agreement between the counsellor and counselle aimed at changing the behavior of counselle is termed :
 - a) Behaviour modification.
 - b) Behaviour Rehearsal.
 - c) Behaviour contract.
 - d) Behaviour change.
3. In which technique counsellor shares with the client his or her feelings, thoughts and experiences that are relevant to the situation presented by the client :
 - a) Empathy.
 - b) Genuineness.
 - c) Reflection.
 - d) Self-disclosure.
4. Who launched Person centered counselling :
 - a) Sigmund Freud.
 - b) Albert Ellis.
 - c) Carl Rogers.
 - d) Aaron Beck.
5. Release of pent-up emotion is known as :
 - a) Transference.
 - b) Resistance.
 - c) Rapport.
 - d) Catharsis.

Turn over

Fill in the blanks :

6. _____ developed cognitive counselling.
7. Super ego functions on the basis of _____ principle.
8. The collaborative relationship between client and counsellor is known as _____.
9. _____ is the first and foremost defense mechanism.
10. _____ technique involves repeating what the client has revealed in counsellor's words.

(10 × 1 = 10 marks)

Section B

Answer at least five questions.

Each question carries 4 marks.

All questions can be attended.

Overall ceiling 20.

- | | |
|-------------------------|----------------------|
| 11. Rapport. | 12. Empathy. |
| 13. Define counselling. | 14. Transference. |
| 15. Active listening. | 16. Silence. |
| 17. Role playing. | 18. AIDS. |
| 19. Divergent thinking. | 20. Cognitive triad. |

(5 × 4 = 20 marks)

Section C

Answer at least five questions.

Each question carries 6 marks.

All questions can be attended.

Overall ceiling 30.

21. What are the important characteristics of an effective counsellor ?
22. Discuss scope of counselling.
23. What is Eclectic approach ?
24. What are the techniques to uncover unconscious ?

25. Describe poor forms of listening.
26. Explain SOLER.
27. How do you conduct premarital counselling ?
28. What kinds of problems are generally presented in college counselling ?

(5 × 6 = 30 marks)

Section D

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

29. Give an overview of Egan's model of counselling.
30. Discuss the concepts, process and techniques of cognitive counselling.
31. Briefly explain different techniques of counselling.
32. Describe group counselling and its applications.

(2 × 10 = 20 marks)

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FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS—UG)

Psychology

PSY 5B 03—DEVELOPMENTAL PSYCHOLOGY—I

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

*Answer all questions.**Each question carries 1 mark.*

1. According to Piaget children tend to be egocentric in this stage :
 - (a) Sensorimotor.
 - (b) Preoperational.
 - (c) Formal operational.
 - (d) Concrete operational.
2. _____ consists of vocabulary and how concepts are expressed through words.
 - (a) Semantics.
 - (b) Morphology.
 - (c) Syntax.
 - (d) Pragmatics.
3. Oedipus complex is seen in this stage :
 - (a) Oral.
 - (b) Anal.
 - (c) Phallic.
 - (d) Latency.
4. Learning based on consequences of behaviour is a major theme in :
 - (a) Classical conditioning.
 - (b) Social learning theory.
 - (c) Observational learning.
 - (d) Operant conditioning.
5. The part of blastocyst which will become the skin and nervous system :
 - (a) Endoderm.
 - (b) Ectoderm.
 - (c) Mesoderm.
 - (d) Embryo.
6. _____ is a severe form of impairment to fetus due to mother's drinking.
7. Infants born three weeks or more before the pregnancy has reached its full term are called _____.
8. In _____ reflex infants arches back and throws out arms and legs, then closes.

Turn over

9. _____ skills are necessary to engage in smaller, more precise movements, normally using the hands and fingers.
10. _____ viewed children as noble savages.

(10 × 1 = 10 marks)

Section B

Answer at least five questions.

Each question carries 4 marks.

All questions can be attended.

Overall Ceiling 20.

- | | |
|-------------------------|-----------------------------------|
| 11. Assimilation. | 12. Egocentrism. |
| 13. Germinal period. | 14. Oral stage. |
| 15. Gross motor skills. | 16. Zone of proximal development. |
| 17. Syntax. | 18. Observational learning. |
| 19. Blastocyst. | 20. Teratogens. |

(5 × 4 = 20 marks)

Section C

Answer at least five questions.

Each question carries 6 marks.

All questions can be attended.

Overall Ceiling 30.

21. Explain the fetal stage.
22. Discuss the long term effects of low birth weight.
23. Explain early childhood physical development.
24. What are the prenatal diagnostic methods ?
25. Explain the characteristics of preterm and small for date infants.
26. Explain the physical and emotional adjustment during post partum period.
27. Discuss the information processing approach.
28. Mention the effects of teratogens.

(5 × 6 = 30 marks)

Section D

Answer any two questions.

Each question carries 10 marks.

29. What is the nature of life span development ?
30. Elaborate the behavioural and social cognitive theories of development.
31. Explain Erickson's theory of development.
32. Mention new born reflexes its characteristics and perception of new born infant.

(2 × 10 = 20 marks)

CHMK LIBRARY UNIVERSITY OF CALICUT

FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS—UG)

Psychology

PSY 5B 02—SOCIAL PSYCHOLOGY

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A

*Answer all questions.**Each question carries 1 mark.*

Choose the correct answer from the options given :

1. _____ is the most intimate non-verbal cue.
 - a) Eye contact.
 - b) Facial expressions.
 - c) Gesture.
 - d) Touch.
2. Efforts to change attitude is called _____.
 - a) Inter-personal attraction.
 - b) Attribution.
 - c) Persuasion.
 - d) Perception.
3. Kelly proposed _____ theory of attribution.
 - a) Correspondent Inference.
 - b) Causal attribution.
 - c) Social learning theory.
 - d) Equity theory.
4. Reduction in effort and performance due to the presence of others is known as _____.
 - a) Social inhibition.
 - b) Social loafing.
 - c) Social inhibition.
 - d) Socialization.
5. _____ conducted experiments on social conformity.
 - a) Alfred Adler.
 - b) Stanley Milgram.
 - c) Solomon Asch.
 - d) Leon Festinger.

Fill in the blanks :

6. _____ norms indicate what people usually do in a given situation.
7. _____ technique of compliance involves smaller request first and then when denied escalate to larger ones.

Turn over

8. _____ is a state of intense longing for union with another.
9. _____ is the unselfish concern for the welfare of others.
10. The phenomenon in which the tendency to help decrease with the presence of others is called _____ effect.

(10 × 1 = 10 marks)

Section B

Answer at least five questions.

Each question carries 4 marks.

All questions can be attended.

Overall Ceiling 20.

- | | |
|----------------------------------|----------------------------------|
| 11. Group think. | 12. Social Inhibition. |
| 13. Actor observer effect. | 14. Pique technique. |
| 15. Empathy altruism hypothesis. | 16. Sociobiology. |
| 17. Micro expressions. | 18. Components of attitude. |
| 19. Distinctiveness. | 20. Negative state relief model. |

(5 × 4 = 20 marks)

Section C

Answer at least five questions.

Each question carries 6 marks.

All questions can be attended.

Overall Ceiling 30.

21. What are the functions of group ?
22. Examine the drive theory of social facilitation.
23. What characteristics of the victim initiate pro-social behavior ?
24. Why does social loafing occur ?
25. How do we non-verbally detect deception ?
26. Why do we change attitudes ?
27. Which are the different errors that occur while we try to understand the causes behind other's behavior ?
28. Examine the situational determinants of interpersonal attraction.

(5 × 6 = 30 marks)

Section D

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

29. How do attitudes change ? Explain.
30. Evaluate Non-verbal cues as a means to understand others.
31. What is social psychology ? Explain the different ways through which we learn social behavior.
32. Examine the different theories of attribution.

(2 × 10 = 20 marks)

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FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS—UG)

Psychology

PSY 5B 01—ABNORMAL PSYCHOLOGY—I

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

Choose the correct answer :

1. Fear of being in public places or situations from which escape would be physically difficult or psychologically embarrassing is referred to as :
 - a) Ochlophobia.
 - b) Agoraphobia.
 - c) Acrophobia.
 - d) Nyctophobia.
2. The study of distribution of diseases, disorders, or health-related behaviours in a given population is known as :
 - a) Psychoneuroimmunology.
 - b) Epistemology.
 - c) Pathology.
 - d) Epidemiology.
3. The kind of personality disorder characterized by hypersensitivity to rejection, shyness, insecurity in social interaction and initiating relationships is :
 - a) Schizoid personality disorder.
 - b) Avoidant personality disorder.
 - c) Dependent personality disorder.
 - d) Borderline personality disorder.
4. The term 'hysteria' has been used earlier to refer to which of the following disorders ?
 - a) Illness anxiety disorder.
 - b) Somatization disorder.
 - c) Conversion disorder.
 - d) Hypochondriasis.

Turn over

5. The technique of systematic sensitization was popularized by :

- a) Albert Bandura.
- b) Joseph Breuer.
- c) Joseph Wolpe.
- d) Aaron Beck.

Fill in the blanks :

- 6. The type of anxiety disorder characterized by 'free-floating anxiety' is _____.
- 7. The ego-defense mechanism that discharges pent-up feelings, often of hostility, on objects less dangerous than those arousing the feelings is _____.
- 8. _____ is the primitive method of treatment of mental illnesses involving digging of holes in the skull to drive out evil spirits.
- 9. Persistent and recurrent thoughts, images or impulses that a person experiences as disturbing and inappropriate as referred to as _____.
- 10. The DSM IV classification system was developed by _____.

(10 × 1 = 10 marks)

Part B

Answer at least five questions.

Each question carries 4 marks.

All questions can be attended.

Overall Ceiling 20.

- 11. Neurotransmitter imbalances.
- 12. Exorcism.
- 13. Conflict.
- 14. Cluster A personality disorders.
- 15. Hypochondriasis.
- 16. Ego defense mechanisms.
- 17. Panic attack.
- 18. Coping.
- 19. Temperament.
- 20. Schema.

(5 × 4 = 20 marks)

Part C

Answer at least five questions.

Each question carries 6 marks.

All questions can be attended.

Overall Ceiling 30.

21. Specific phobia and social phobia.
22. Conversion disorder.
23. Hormonal imbalances.
24. Obsessive compulsive disorder.
25. Multiaxial classification system.
26. Post traumatic stress disorder.
27. Causal factors of somatic symptom disorders.
28. Cluster C personality disorders.

(5 × 6 = 30 marks)

Part D

Answer any two questions.

Each question carries 10 marks.

29. Elaborate on the symptomatology of anxiety disorders.
30. Trace the historical background and views of abnormal behaviour.
31. Examine how different perspectives of abnormality consider the development of stress-related disorders.
32. Discuss the clinical picture and causal factors of Cluster A personality disorders.

(2 × 10 = 20 marks)

FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS-UG)

Psychology

PSY 5D 02—LIFE SKILL DEVELOPMENT

(2014 Admissions)

Time : Two Hours

Maximum : 40 Marks

Part A

*Answer all questions.
Each question carries 1 mark.*

Choose the correct answer :

1. The processes of overcoming the difficulties that interfere with the attainment of a desired goal is known as :
 - (a) Decision-making.
 - (b) Problem solving.
 - (c) Coping with stress.
 - (d) Coping with emotions.
2. The process of choosing among the various courses of action by considering all available options and the effects that might have on them is known as :
 - (a) Problem solving.
 - (b) Decision-making.
 - (c) Critical thinking.
 - (d) Creative thinking.
3. Abilities for adaptive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life is known as :
 - (a) Problem solving skill.
 - (b) Technical skill.
 - (c) Life skill.
 - (d) Leadership skill.
4. Type of interview in which the content of questions are fixed in advance and the interviewer tries to follow the format :
 - (a) Semistructured interview.
 - (b) Unstructured interview.
 - (c) Structured interview.
 - (d) All the above.
5. The non-verbal signals emitted through signs that the body makes is known as :
 - (a) Body language.
 - (b) Body image.
 - (c) Sign language.
 - (d) None of the above.

(5 × 1 = 5 marks)

Turn over

Part B (Short Answers)

*Answer all questions.
Each question carries 2 marks.*

6. Leadership skills.
7. Relaxation training.
8. Critical thinking.
9. Decision-making.
10. Self awareness.

(5 × 2 = 10 marks)

Part C

*Answer any three questions in a paragraph.
Each question carries 5 marks.*

11. Skills for anger management.
12. Steps involved in critical thinking.
13. Group discussion.
14. Types of presentations.

(3 × 5 = 15 marks)

Part D (Essays)

*Answer any one question.
The question carries 10 marks.*

15. Define life skills. Discuss the various life skills required in human life.
16. Define problem solving. Discuss the strategies and steps involved in problem solving.

(1 × 10 = 10 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS—UG)

Psychology

PSY 5D 02—LIFE SKILL APPLICATIONS

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A

*Answer at least **eight** questions.*

Each question carries 3 marks.

All questions can be attended.

Overall Ceiling 24.

1. Self-awareness.
2. Empathy.
3. Critical thinking.
4. Creative thinking.
5. Decision making.
6. Problem Solving.
7. Effective communication.
8. Interpersonal relationship.
9. Coping with stress.
10. Coping with emotions.
11. Career planning.
12. Women empowerment.

(8 × 3 = 24 marks)

Turn over

Section B

Answer at least five questions.

Each question carries 5 marks.

All questions can be attended.

Overall Ceiling 25.

13. Explain the concept of self-awareness.
14. Clarify the importance of empathy in building relationships.
15. Explain the role of listening in effective communication.
16. Write the Steps involved in problem solving.
17. Describe the important Survival Skills.
18. Mention ways of building interpersonal relations.
19. Mention the life skill training for the youth.

(5 × 5 = 25 marks)

Section C

Answer any one question.

The question carries 11 marks.

20. Discuss the techniques for improving effectiveness of decisions in real life.
21. Explain life skill training for adolescent and youth.

(1 × 11 = 11 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS—UG)

Psychology

PSY 5D 01—PSYCHOLOGY AND PERSONAL GROWTH

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer at least eight questions.**Each question carries 3 marks.**All questions can be attended.**Overall Ceiling 24.*

1. Resilience.
2. Stress.
3. Educational Psychology.
4. Psychological wellbeing.
5. Life satisfaction.
6. Optimism.
7. Meditation.
8. Negative affectivity.
9. Clinical Psychology.
10. Happiness.
11. Protective factors.
12. Personal growth.

(8 × 3 = 24 marks)

Section B*Answer at least five questions.**Each question carries 5 marks.**All questions can be attended.**Overall Ceiling 25.*

13. Explain the concept of mindfulness.
14. Discuss subjective wellbeing.
15. Explain the assumptions of positive psychology.
16. Explain the influence of marriage on happiness.
17. Explain any two models of resilience.

Turn over

18. Discuss the application of psychology in social life.
19. How is positive emotion different from negative affectivity ?

(5 × 5 = 25 marks)

Section C

*Answer any one question.
The question carries 11 marks.*

20. What are the types of stress ? Explain stress management techniques.
21. Define Psychology. What are the goals of psychology ?

(1 × 11 = 11 marks)

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FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS—UG)

Psychology

PSY 5B 05—HEALTH PSYCHOLOGY

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A

Answer at least eight questions.

Each question carries 3 marks.

All questions can be attended.

Overall Ceiling 24.

1. GAS.
2. Bio-medical model.
3. Mind body Relationship.
4. Protection Motivation Theory.
5. Fight-Flight response.
6. Stress and coping.
7. Tend-Befriend.
8. Define Health Psychology.
9. Life stressors.
10. Health-habit attitude change.
11. Individual counselling.
12. Health behaviour.

(8 × 3 = 24 marks)

Turn over

Section B

Answer at least five questions.

Each question carries 5 marks.

All questions can be attended.

Overall Ceiling 25.

13. Explain Biopsychosocial model.
14. Describe management of terminal illness in children.
15. What is the issue of non-traditional treatment ?
16. Explain the moderators of coping with stress.
17. What are Social Cognitive theory and Attribution theory ?
18. What are stages of adjustment to dying ?
19. Explain the emotional responses to chronic illness.

(5 × 5 = 25 marks)

Section C (Essay Type Questions)

Answer any one question.

The question carries 11 marks.

20. Define Health Psychology and need and significance of health psychology.
21. Define stress and explain theoretical contributions to stress and stress management programmes

(1 × 11 = 11 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS—UG)

Psychology

PSY 5B 04—PSYCHOLOGICAL COUNSELLING

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer at least eight questions.**Each question carries 3 marks.**All questions can be attended.**Overall Ceiling 24.*

1. Define Counselling.
2. Mental illness.
3. Counter transference.
4. Insight.
5. Slip of the tongue.
6. Therapeutic alliance.
7. Predispositions.
8. Ethics of counselling.
9. Client resources.
10. Unconditional positive regard.
11. Intervention.
12. Probing.

(8 × 3 = 24 marks)

Turn over

Section B

*Answer at least five questions.
Each question carries 5 marks.
All questions can be attended.
Overall Ceiling 25.*

13. Skills of a counsellor.
14. Forms of poor listening.
15. Objectives of counselling.
16. HIV counselling.
17. Professional codes.
18. Reflecting method.
19. SOLER method.

(5 × 5 = 25 marks)

Section C (Essay Type Questions)

*Answer any one question.
The question carries 11 marks.*

20. How to conduct group counselling ?
21. Bring out the essentialities of client centered counselling.

(1 × 11 = 11 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS—UG)

Psychology

PSY 5B 03—DEVELOPMENTAL PSYCHOLOGY—I

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A (Short Answer Type Questions)*Answer at least eight questions.**Each question carries 3 marks.**All questions can be attended.**Overall Ceiling 24.*

1. Life expectancy.
2. Puberty.
3. Repression.
4. Operant conditioning.
5. Egocentrism.
6. Moro reflex.
7. Teratogen.
8. ZPD.
9. Amniocentesis.
10. Implantation.
11. Accommodation.
12. Visual acuity.

(8 × 3 = 24 marks)

Turn over

Section B

Answer at least five questions.

Each question carries 5 marks.

All questions can be attended.

Overall Ceiling 25.

13. State the social learning theory.
14. Which are the main reflexes seen in newborns ?
15. Describe the prenatal diagnostic methods.
16. Discuss about the different teratogens that influence prenatal development.
17. Describe how the formal operational child thinks differently from the concrete operational child.
18. What are the stages in Schaie's model of cognitive development ?
19. Trust *vs.* mistrust.

(5 × 5 = 25 marks)

Section C

Answer any one question.

The question carries 11 marks.

20. Give a brief description on the different theories of development.
21. Explain the birth process and the complications involved in it.

(1 × 11 = 11 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS—UG)

Psychology

PSY 5B 02—SOCIAL PSYCHOLOGY

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer at least **eight** questions.**Each question carries 3 marks.**All questions can be attended.**Overall Ceiling 24.*

1. Define need for affiliation.
2. List the features of a democratic style of leadership.
3. Describe systematic observation method.
4. Elaborate the actor-observer effect with a suitable example.
5. Discuss micro expressions.
6. Differentiate between descriptive and injunctive norms.
7. Define fundamental attribution error.
8. Explain social loafing.
9. Define Conformity.
10. List the characteristics of a cohesive group.
11. Define consummate love.
12. List the goals of social psychology.

(8 × 3 = 24 marks)

Turn over

Section B

Answer at least five questions.

Each question carries 5 marks.

All questions can be attended.

Overall Ceiling 25.

13. Discuss how attitudes develop.
14. Summarize the transformational theory of leadership.
15. Describe the steps in responding to an emergency.
16. Explain the components of attitudes.
17. Discuss how proximity determines interpersonal attraction.
18. List the measures that can be taken to reduce social loafing.
19. Describe the characteristics of altruistic personality.

(5 × 5 = 25 marks)

Section C

Answer any one question.

The question carries 11 marks.

20. Explain the theoretical models of prosocial behaviour.
21. Evaluate the significance of non-verbal communication in social perception.

(1 × 11 = 11 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS—UG)

Psychology

PSY 5B 01—ABNORMAL PSYCHOLOGY—I

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer at least eight questions.**Each question carries 3 marks.**All questions can be attended.**Overall Ceiling 24.*

1. Hypochondriasis.
2. Tarantism.
3. Distress.
4. Sufficient cause.
5. Derealization.
6. Adjustment disorder.
7. Anxiety.
8. Anterograde amnesia.
9. DID.
10. Paranoid personality disorder.
11. Phobia.
12. Cluster C.

(8 × 3 = 24 marks)

Turn over

Section B

Answer at least five questions.

Each question carries 5 marks.

All questions can be attended.

Overall Ceiling 25.

13. Discuss the clinical feature of OCD.
14. How can we diagnose Conversion disorder ?
15. Explain the clinical features of personality disorders.
16. Compare Schizoid personality disorder with Schizotypal personality disorder.
17. Discuss Dissociative disorders.
18. Explain the DSM V criteria of PTSD.
19. What are the sociocultural factors of abnormal behavior ?

(5 × 5 = 25 marks)

Section C

Answer any one question.

The question carries 11 marks.

20. Define Mental disorder. Explain the history of abnormal behavior.
21. Discuss Cluster B personality disorders along with its causal factors.

(1 × 11 = 11 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5D 02—LIFE SKILL APPLICATIONS

(2017 Admissions)

Time : Two Hours

Maximum : 40 Marks

Part A*Answer all questions in a word.**Each question carries ½ mark.*

1. _____ the ability to listen and understand others' needs.
2. The ability for positive and adaptive behaviours are called _____.
3. The capacity to be original, flexible and imaginative is _____.
4. The skill to experience and express emotions appropriately is _____.
5. Being fully involved in the situation is termed _____.
6. _____ refers to discussions between parties who have opposing preferences and interests.
7. Feeling for the person is termed _____.
8. Choosing between alternatives is termed _____.

(8 × ½ = 4 marks)

Part B*Answer five questions in 2 or 3 sentences.**Each question carries 2 marks.*

9. Define life skills.
10. Self awareness.
11. Critical Thinking.
12. Active listening.

Turn over

13. Assertiveness.
14. Non-verbal communication.
15. Creativity.

(5 × 2 = 10 marks)

Part C

Answer any four questions in a paragraph.

Each question carries 4 marks.

16. Need for developing life skills.
17. Benefits of self awareness.
18. Importance of empathy in building relationships.
19. Listening skills.
20. Importance of decision-making in real life.
21. Why do we need to build relations with others ?

(4 × 4 = 16 marks)

Part D (Essay Questions)

Answer any one question.

The question carries 10 marks.

22. Explain the ten life skills proposed by WHO ?
23. What is problem solving ? Explain the steps to solve problems.

(1 × 10 = 10 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS-UG)

Psychology

PSY 5D 01—PSYCHOLOGY OF PERSONAL GROWTH

(2017 Admissions)

Time : Three Hours

Maximum : 40 Marks

Part A

*Answer all questions in a word.
Each question carries ½ mark.*

1. In _____ approach the organism is seen as “responding” to conditions (stimuli) set by the outer environment and by inner biological processes.
2. _____ is the scientific study of human flourishing, and an applied approach to optimal functioning.
3. _____ proposed the concept of emotional intelligence.
4. _____ is an individual's subjective evaluation of their own worth.
5. _____ refers to the underlying experience of feeling, emotion or mood.
6. _____ is a as positive affect - a mood or emotional state which is brought about by generally positive thoughts and feelings.
7. _____ is a psychoanalytic theory and method of therapy wherein social interactions are analyzed to determine the ego state of the communicator as a basis for understanding behavior.
8. _____ refers to a qualitative change in the nature of the personality that can be brought about by conscious intention and effort.

(8 × ½ = 4 marks)

Part B

*Answer all questions in 2 or 3 sentences.
Each question carries 2 marks.*

9. Define psychology.
10. Structuralism.
11. Positive prevention.
12. Agency thinking.

Turn over

13. Self efficacy.
14. Emotional Intelligence.
15. Social wellbeing.

(5 × 2 = 10 marks)

Part C

*Answer any four questions in a paragraph.
Each question carries 4 marks.*

16. What is the scope of studying psychology ?
17. Any three branches of psychology.
18. Nature of emotion development.
19. Benefits of having optimism.
20. Barriers in self development.
21. Ego states.

(4 × 4 = 16 marks)

Part D (Essay Questions)

*Answer any one question.
The question carries 10 marks.*

22. How do we manage stress ?
23. What are the causes and effects of happiness ?

(1 × 10 = 10 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 05—HEALTH PSYCHOLOGY

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

1. _____ studies the effect of psychological influences on how people stay healthy.
2. _____ proposed health belief model.
3. According to Rogers, _____ is the result of both threat appraisal and coping appraisal.
4. _____ developed the biopsychosocial model of health and illness.
5. Hans Selye proposed _____ model of stress.
6. _____ approach to health behaviour change has its theoretical foundations in classical conditioning and operant conditioning.
7. Death of spouse is an example of a _____.
8. _____ is the provision of professional assistance and guidance in resolving personal or psychological problems.
9. _____ is the belief that the causes, development and outcomes of a physical illness are determined from the interaction of psychological, social factors and biological factors.
10. A state of complete physical, mental and social well-being and not merely the absence of disease and infirmity is called _____.

(10 × 1 = 10 marks)

Part B*Answer all questions in two or three sentences.**Each question carries 2 marks.*

11. Quality of life.
12. Mental health.
13. Stressor.
14. Coping.

Turn over

- | | |
|-------------------------------|-----------------------|
| 15. Behavioral disengagement. | 16. Social Support. |
| 17. Befriending. | 18. Terminal illness. |
| 19. Primary prevention. | 20. Family Therapy. |

(10 × 2 = 20 marks)

Part C

*Answer any six questions in a paragraph.
Each question carries 5 marks.*

21. How is health related quality of life differ from wellbeing ?
22. Which are the different signs of stress ?
23. Health Belief Model.
24. Examine the categories of problem focused coping.
25. Theory of planned behaviour.
26. Changing health habits.
27. Emotional responses to chronic illness.
28. How can terminal illness be managed in children ?

(6 × 5 = 30 marks)

Part D (Essay Questions)

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

29. What is the significance of studying health Psychology ? Explain.
30. Examine how biopsychosocial model explains health and how is it different from the biomedical model ?
31. Explain the different ways to manage stress.
32. Elucidate the stages of adjustment to death by Kubler Ross.

(2 × 10 = 20 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 04—PSYCHOLOGICAL COUNSELLING

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

1. According to Rogers — from parents is needed for children to develop healthy self concept.
2. A client who reverts the old behaviour pattern is said to use the defense mechanism —.
3. Communication without the content of spoken language is called —.
4. Questions which cannot be answered with a "yes" or "no" response, or with a static response is called —.
5. Repeating the client's words back to them exactly as they said is called —.
6. Counsellor-centred counselling is also called —.
7. — proposed person centered approach.
8. An open, honest identification of the client's self-defeating patterns or manipulations is called —.
9. — is a therapy which helps to prepare the couples mentally for marriage.
10. A set of standards of conduct based upon on agreed on set of values by which professionals in a given occupation such as counselling is called —.

(10 × 1 = 10 marks)

Turn over

Part B

Answer all questions in 2 or 3 sentences.

Each question carries 2 marks.

11. Helping relationship.
12. Unconditional positive regard.
13. Rapport.
14. Active listening.
15. Stage hogging.
16. Probing.
17. Paraphrasing.
18. Divergent thinking.
19. Role playing.
20. Goal setting.

(10 × 2 = 20 marks)

Part C

Answer any six questions in a paragraph.

Each question carries 5 marks.

21. Characteristics of a good counsellor.
22. Goals of counselling.
23. Importance of Eclectic counselling.
24. SOLER.
25. Listening techniques.
26. Egen's skilled helper model.
27. Ethics in counselling.
28. Terminating skills.

(6 × 5 = 30 marks)

Part D (Essay Questions)

Answer any two questions.

Each question carries 10 marks.

29. Explain the characteristics of a good counsellor.
30. Examine the core conditions in a helping relationship.
31. Compare person centered counseling with psychoanalytic counselling.
32. Explain the applications of counselling in schools and career guidance.

(2 × 10 = 20 marks)

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FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 03—DEVELOPMENT PSYCHOLOGY—I

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

1. _____ describes the growth of humans throughout the lifespan, from conception to death.
2. Development starting at the top of the body and working its way down is called _____.
3. _____ is the time of rapid physical development, signaling the end of childhood.
4. _____ are necessary to engage in smaller, more precise movements.
5. During _____ stage there is an increased risk of physical disability.
6. _____ is the most widely used prenatal diagnostic technique.
7. _____ syndrome occur due to mother's drinking behaviour.
8. When a baby's palm is touched it will grasp tightly. This reflex is called _____.
9. _____ put forth the process theory of cognitive development.
10. _____ is the knowledge that is pragmatic or practical and learned through experience.

(10 × 1= 10 marks)

Part B*Answer all questions in 2 or 3 sentences.**Each question carries 2 marks.*

11. Infancy.
12. Developmental tasks.

Turn over

13. Longitudinal research.
14. Reflexes.
15. Teratogens.
16. Perception.
17. Fine motor movement.
18. Blastocyst.
19. Anemia.
20. Chorionic Villus sampling.

(10 × 2 = 20 marks)

Part C

Answer any six questions in a paragraph.

Each question carries 5 marks.

21. Nature of development.
22. Explain Erickson's theory of psychosocial development.
23. Developmental tasks of early childhood.
24. Which are the commonly used prenatal and perinatal diagnostic tests ?
25. Stages of prenatal development.
26. What are the major adjustments required after child birth ?
27. Cognitive changes in early adulthood.
28. Adjustments to life during late adulthood by Havinghurst.

(6 × 5 = 30 marks)

Part D (Essay Questions)

Answer any two questions.

Each question carries 10 marks.

29. Explain the different periods of development.
30. What are teratogens? How do they affect development ?
31. How do children develop language ? Explain.
32. Examine the psychosocial theories of ageing.

(10 × 2 = 20 Marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 02—SOCIAL PSYCHOLOGY

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

1. The first book in social psychology is written by _____.
2. _____ is a face to face interaction between two people with the intention of collecting detailed information.
3. _____ is the most intimate nonverbal cue.
4. _____ put forth the theory of causal attribution
5. The process of changing attitude is termed _____.
6. Reduction in effort and performance due to the involvement of others is called _____.
7. _____ conducted studies on social conformity.
8. _____ proposed the triangular theory of love.
9. Bystander effect occurs due to _____.
10. Feeling with others is called _____.

(10 × 1 = 10 marks)

Part B*Answer all questions in two or three sentences.**Each question carries 2 marks.*

11. Case study.
12. Sociobiology.
13. Attribution.
14. Inter-channel discrepancy.

Turn over

15. Pluralistic ignorance.
16. Reactance.
17. Dissonance.
18. Obedience.
19. Cohesiveness.
20. Leadership.

(10 × 2 = 20 marks)

Part C

Answer any six questions in a paragraph.

Each question carries 5 marks.

21. Relationship of social psychology to General psychology.
22. Applications of attribution theory.
23. Components of attitude.
24. Errors of attribution.
25. How do we resist persuasion ?
26. Functions of group.
27. Interactive determinants of interpersonal behaviour.
28. Altruistic personality.

(6 × 5 = 30 marks)

Part D (Essay Questions)

Answer any two questions.

Each question carries 10 marks.

29. Which are the methods with which social behaviour is studied ? Explain.
30. Elucidate how do we understand others around us.
31. Explain the tactics of compliance.
32. Examine the models that explain pro-social behaviour.

(2 × 10 = 20 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 01—ABNORMAL PSYCHOLOGY—I

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

1. _____ refers to a group of clinical symptoms that tend to re occur.
2. Avoiding speaking in public due to the fear for evaluation by others is part of _____ phobia
3. Retreating to an earlier developmental year involving less mature behaviour is called _____.
4. Good stress is called _____.
5. Irrational fears are called as _____.
6. _____ anxiety is associated with generalized anxiety disorder.
7. _____ disorder involves disruption in a person's sense of identity.
8. ICD stands for _____.
9. Dopamine is a _____.
10. A person who is excessively depended, Narcissistic, suspicious or antisocial are termed as having _____ type of disorder.

(10 × 1 = 10 marks)

Part B*Answer all questions in 2 or 3 sentences.**Each question carries 2 marks.*

11. Trepining.
12. Stress.

Turn over

13. Avoidance coping.
14. Claustrophobia.
15. Anxiety.
16. Obsessions.
17. Amnesia.
18. Fugue.
19. Hysteria.
20. Paranoia.

(10 × 2 = 20 marks)

Part C

*Answer any six questions in a paragraph.
Each question carries 5 marks.*

21. Biological causal factors.
22. Clinical picture of Hypochondriasis.
23. Causes of Obsessive compulsive disorder.
24. Explain the commonly used coping strategies.
25. What predispose a person to Phobias ?
26. Types of conversion disorder.
27. Clinical picture of Anti-social personality disorder.
28. Management of PTSD.

(6 × 5 = 30 marks)

Part D (Essay Questions)

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

29. What is abnormal behaviour ? How do we classify abnormal behaviour ? Explain.
30. Examine the nature and characteristics of Dissociative disorders.
31. What are the causal factors of stress disorder ?
32. Explain Cluster A personality Disorders.

(2 × 10 = 20 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5D 02—LIFE SKILL DEVELOPMENT

(2014 Admissions/2015 and 2016 Admissions)

Time : Two Hours

Maximum : 40 Marks

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

1. The ability to produce ideas that are novel, useful and unique is termed _____.
2. A skill that help us look analytically and at events or events with an objective of gathering relevant information is called _____.
3. How we value and perceive ourselves is called _____.
4. _____ is the process of speaking to group of people in a structured, deliberate manner to inform, influence or entertain the listeners.
5. The ability of an individual or a group of individuals to influence and guide followers or other members of an organization is called _____.

(5 × 1 = 5 marks)

Part B*Answer all questions in 2 or 3 sentences.**Each question carries 2 marks.*

6. Coping.
7. Relaxation.
8. Self talk.
9. Time management.
10. Incubation.

(5 × 2 = 10 marks)

Turn over

Part C

Answer any three questions in a paragraph.

Each question carries 5 marks.

11. Need for life skills training.
12. How can we control anger ? What are its benefits ?
13. Which are the ways of managing performance anxiety ?
14. Examine the elements of communication.

(3 × 5 = 15 marks)

Part D (Essay Questions)

Answer any one question.

The question carries 10 marks.

15. Explain the components of life skills as laid down by WHO.
16. Examine skills, steps and factors affecting problem solving.

(1 × 10 = 10 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 04—LEARNING AND BEHAVIOUR

(2014 Admissions/2015 and 2016 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

1. _____ any regularly repeated behaviour that requires little or no thought and is learned rather than innate.
2. According to Hull, Reaction potential is a function of drive and _____.
3. The process by which a subject acquires a response that results in the termination of an aversive stimulus is called _____ learning.
4. _____ is based on task analysis, in which individual steps are recognized as requirements for task mastery.
5. Classical conditioning is proposed by _____.
6. _____ involves the modification of reaction to a neutral stimulus associated with a conditioned stimulus that was formerly neutral.
7. _____ proposed operant conditioning.
8. _____ is any visual representation of a person's (or a group's) mental model for a given process or concept.
9. A change in behavior or knowledge that results from experience is termed _____.
10. _____ introduced the concept insight learning.

(10 × 1 = 10 marks)

Part B*Answer all questions in 2 or 3 sentences.**Each question carries 2 marks.*

- | | |
|------------------------------|----------------------|
| 11. Habituation. | 12. Reflexes. |
| 13. Contiguous conditioning. | 14. Drive reduction. |

Turn over

15. Unconditional stimulus.
16. Trace conditioning.
17. Sensory preconditioning.
18. Learned helplessness.
19. Sign learning.
20. Shaping.

(10 × 2 = 20 marks)

Part C

*Answer any six questions in a paragraph.
Each question carries 5 marks.*

21. Characteristics of Goal directed systems.
22. Principles of classical conditioning.
23. Overshadowing and over expectation effects.
24. Differentiate positive and negative reinforcement from Punishment.
25. Applications of classical conditioning.
26. Escape learning and avoidance learning.
27. Characteristics of Latent learning.
28. Factors affecting performance on reinforcement schedule.

(6 × 5 = 30 marks)

Part D (Essay Questions)

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

29. Examine the Stimulus-Response theories of Learning.
30. Explain the classical experiment by Pavlov and the conditioning procedures.
31. What is Operant conditioning ? Explain the applications and biological constraints on operant conditioning.
32. Compare Insight learning with Observational learning.

(2 × 10 = 20 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 03—PSYCHOLOGICAL MEASUREMENT AND TESTING

(2014 Admissions/2015 and 2016 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

1. TAT is a _____ type of test.
2. When a test measures what it intends to measure it is called _____.
3. For assessing attitudes usually _____ format is used.
4. The average performance of a standardization sample is called a _____.
5. _____ scale is the highest level of measurement.
6. The type of test which has time limit is called a _____ test.
7. _____ is known as self correlation of the test.
8. If a test is interpreted by establishing an outside standard it is called _____ referencing.
9. In Psychophysical scaling PES stands for _____.
10. _____ scale has only the property of identity.

(10 × 1 = 10 marks)

Part B*Answer all questions in two or three sentences.**Each question carries 2 marks.*

11. Subliminal perception.
12. Performance test.
16. Adjustment.
17. Absolute threshold.

Turn over

- | | |
|------------------------------|----------------------------|
| 13. Signal detection theory. | 18. Intelligence quotient. |
| 14. Content validity. | 19. Weber's law. |
| 15. Item response theory. | 20. Inventory. |

(10 × 2 = 20 marks)

Part C*Answer any six questions in a paragraph.**Each question carries 5 marks.*

21. Properties of scales
22. Types of reliability
23. Method of minimal changes
24. Criterion and norm referencing
25. Big five personality dimensions
26. Types of Norms
27. Compare speed test with power test
28. Thematic apperception test

(6 × 5 = 30 marks)

Part D (Essay Questions)*Answer any two questions.**Each question carries 10 marks.*

29. What is measurement? Explain the levels of measurement
30. Evaluate Thurston, Likert, Guttman's models of psychological scale construction
31. What is Item analysis? Elucidate the methods involved in it
32. Examine the features of Standard progressive matrices as an intelligence test and compare that with CPM.

(2 × 10 = 20 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 02—SOCIAL PSYCHOLOGY

(2014 Admissions/2015 and 2016 Admissions)

Time : Three Hours

Maximum : 80 Marks

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

1. Understanding the causes behind other's behaviour is called _____.
2. _____ focuses on how people process, store, and apply information about other people and social situations.
3. Saying yes to other's requests is called _____.
4. The most intimate nonverbal cue is _____.
5. _____ proposed cognitive dissonance.
6. Reduction in presence due to the presence of others is termed _____.
7. An intense and positive emotion that can be experienced for a variety of close others is termed _____.
8. Sternberg proposed _____ model of love.
9. Deliberate infliction of pain on others is _____.
10. Excitation transfer theory was introduced by _____.

(10 × 1 = 10 marks)

Part B*Answer all questions in two or three sentences.**Each question carries 2 marks.*

11. Social perception.
12. Attribution.
13. Planning fallacy.
14. Cognitive dissonance.
15. Altruism.
16. Social loafing.

Turn over

17. Group think.
18. Injunctive norms.
19. Negative state relief model.
20. Destructive obedience.

(10 × 2 = 20 marks)

Part C

*Answer any six questions in a paragraph.
Each question carries 5 marks.*

21. Functions of attitude.
22. Which are the errors of attribution ?
23. How do we detect deception ?
24. Kelly's theory of causal attribution.
25. How are attitude formed ?
26. Compliance tactics based on consistency principle.
27. External determinants of interpersonal attraction.
28. Prevention and control of aggression.

(6 × 5 = 30 marks)

Part D (Essay Questions)

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

29. What is nonverbal communication ? Explain the basic channels of nonverbal communication.
30. Define attitude. How can attitudes be changed ?
31. What are the pitfalls of group decision making ?
32. Explain the steps to pro-social act.

(2 × 10 = 20 marks)

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CUCBCSS—UG)

Psychology

PSY 5B 01—ABNORMAL PSYCHOLOGY—I

(2014 Admissions/2015 and 2016 Admissions)

Time : Three Hours

Maximum : 80 Marks

Part A

*Answer all questions.
Each question carries 1 mark.*

Choose the correct answer :

1. Which of the following disorder is characterized by intentional production or feigning of physical or psychological signs and symptoms, where the motivation for the behaviour is to assume a sick role is :
 - a) Malingering.
 - b) Somatic symptom disorder.
 - c) Illness anxiety disorder.
 - d) Factitious disorder.
2. The term 'free-floating anxiety' is suitable for which of the disorders :
 - a) Obsessive compulsive disorder.
 - b) Panic disorder.
 - c) Phobic disorder.
 - d) Generalized anxiety disorder.
3. Which of the following does not belong to the category of anti-anxiety drugs ?
 - a) Anxiolytics.
 - b) Benzodiazepines.
 - c) Minor tranquilizers.
 - d) Neuroleptics.
4. The technique of systematic sensitization was popularized by :
 - a) Albert Bandura.
 - b) Joseph Breuer.
 - c) Joseph Wolpe.
 - d) Aaron Beck.
5. The ego-defense mechanism that discharges pent-up feelings, often of hostility, on objects less dangerous than those arousing the feelings is :
 - a) Projection.
 - b) Displacement.
 - c) Denial.
 - d) Undoing.

Fill in the blanks :

6. The phenomenon of occurrence of two or more identified disorders in the same psychologically disordered individual is _____.

Turn over

7. The type of somatic symptom disorder characterized by preoccupation with certain aspects of the body and obsessions connected with perceived or imagined flaws in their appearance is _____.
8. _____ involve certain overt repetitive behaviours that a person feels driven to perform in response to an obsession.
9. Fear of being in public places or situations from which escape would be physically difficult or psychologically embarrassing is referred to as _____.
10. The DSM IV classification system was developed by _____.

(10 × 1 = 10 marks)

Part B

*Write short answers on all questions.
Each question carries 2 marks.*

11. ICD 10.
12. Self actualization.
13. Schema.
14. Parenting styles.
15. Stressors.
16. Agoraphobia.
17. Obsessions.
18. Monoamine hypothesis.
19. Factitious disorder.
20. Dissociative fugue.

(10 × 2 = 20 marks)

Part C

*Answer any six of the following in a paragraph.
Each question carries 5 marks.*

21. Criteria of normality.
22. Historical views of abnormal behaviour.
23. General adaptation syndrome.
24. Clinical picture of OCD.

25. Causes of somatoform disorders.
26. Biological causal factors of abnormal behaviour.
27. Hypochondriasis and pain disorder.
28. Management of anxiety disorders.

(6 × 5 = 30 marks)

Part D

*Write essay on any two of the following.
Each question carries 10 marks.*

29. Elaborate the major approaches to abnormal behaviour.
30. Describe the clinical picture of stress related disorders.
31. Discuss the clinical picture and causes of dissociative disorders.
32. Compare the characteristic features of Panic disorder and phobic disorder.

(2 × 10 = 20 marks)

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