

Question Paper

Exam Date & Time: 28-May-2022 (10:00 AM - 01:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

FOURTH SEMESTER M.Sc. CLINICAL PSYCHOLOGY DEGREE EXAMINATION - MAY/JUNE 2022
SUBJECT: MCP 702 - COGNITIVE BEHAVIOR THERAPY
(2018 SCHEME)

Answer ALL questions.

Marks: 100

Duration: 180 mins.

Write Essays On:

- 1) Describe in detail the theoretical background and applications in behavior modification of classical and operant conditioning theory. (20)
- 2) Elaborate on the CBT Model of OCD (20)

3. Write Short Essays on:

- 3A) Briefly explain Biofeedback (10)
- 3B) Acceptance and commitment Therapy (ACT) (10)
- 3C) Explain the rationale and procedure involved in Applied relaxation. (10)
- 3D) Steps involved in Behavioural analysis- Kanfer & Saslow (10)

4. Write short notes on:

- 4A) Homework assignment in CBT (5)
- 4B) Assessment of negative automatic thoughts (5)
- 4C) Levels of cognition (5)
- 4D) Comparison between Flooding and graded exposure (5)

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