

PARUL UNIVERSITY
FACULTY OF ARTS
M.A. Summer 2017 – 18 Examination

Semester: 2
Subject Code: 15203153
Subject Name: Behaviour modification

Date: 11/05/2018
Time: 10:30AM TO 01:00PM
Total Marks: 60

Instructions:

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

Q.1 Do as directed.

(08)

A. Multiple choice type questions. (Each of 0.5 mark)

1. A _____ that is used in a token economy to increase desirable behavior is referred to as a token

(a) conditioned stimulus	(c) unconditioned reinforcer
(b) conditioned reinforcer	(d) unconditioned stimulus
2. Physiological responses include:

(a) irrational thinking and acting.	(c) muscle tension, heart rate, blood pressure.
(b) maladaptive mood swings, depression.	(d) openness, being friendly, smiling
3. A baseline is taken:

(a) Before and during therapy	(c) Before, during, and after therapy.
(b) Before therapy begins	(d) During therapy
4. A behavior that has been previously reinforced no longer results in reinforcing consequences and, as a result, stops occurring in the future. This process is referred to as:

(a) extinction	(c) punishment
(b) negative reinforcement	(d) positive reinforcement
5. Behavioral deficits are _____ behaviors the clients are not performing enough, long enough, or strong enough.

(a) Bad, or adaptive behavior	(c) Good, or adaptive behavior
(b) Bad, or maladaptive behavior	(d) Good, or maladaptive behavior
6. Which of the following is NOT one of the modes of behavior assessed and treated in behavior therapy?

(a) cognitions	(c) physiological changes
(b) emotions	(d) traits
7. In _____ conditioning a response is emitted, and conditioning involves a contingency between the response and the consequence.

(a) Operant	(c) Classical
(b) Pavlovian	(d) Respondent
8. Which of the following is an example of covert behavior?

a) a skier thinking, "I hope I don't fall"	c) a pitcher throwing a ball
b) a student drinking coffee	d) a child talking to her dog in the backyard
9. Behavior therapy was first used to refer to:
 - a) behavior modification in which there is typically an attempt to analyze or clearly demonstrate controlling variables
 - b) the scientific study of laws that govern the behavior of human beings and other animals
 - c) Joseph Wolpe's behavioral treatment for specific phobias
 - d) behavior modification that focuses on overt behaviors that are of social significance

10. The people, objects, and events that make up a person's environment are called:
- stimuli
 - conditioned stimuli
 - unconditioned stimuli
 - reinforcing stimuli
11. The term "cognitive therapy" was used by _____ to refer to strategies for recognizing maladaptive thinking and replacing it with adaptive thinking.
- Beck
 - Ellis
 - Wolpe
 - Skinner
12. In behavior modification, the term "environment" refers to:
- the neighborhood in which a person is raised
 - the natural habitat of an organism
 - the specific physical variables in one's immediate surroundings
 - the general situation where one happens to be
13. A child does not pronounce words clearly and does not interact with other children. These are examples of:
- behavioral excesses
 - behavioral abnormalities
 - behavioral deficits
 - behavioral characteristics
14. Behavior modifiers are cautious about using summary labels to refer to individual or their actions because:
- the label for the behavior is often used as a pseudo-explanation for the behavior
 - labels can negatively affect the way an individual might be treated
 - labeling may influence us to focus on an individual's problem behaviors rather than on his or her strengths
 - all of the above
15. Behavioral assessment seeks to:
- determine the underlying mental disturbance responsible for behavioral symptoms
 - identify the type of mental disorder assumed to underlie particular patterns of abnormal behavior
 - identify potential controlling variables of problem behaviors, and select behavioral treatment
 - determine the necessary intelligence level of potential clients as a prerequisite to behavior modification programs
16. Which of the following is not a misconception about behavior modification?
- Behavior modifiers only deal with the observable and they don't deal with the thoughts and feelings of clients.
 - Behavior modification involves the systematic application of learning principles to improve covert and overt behaviors
 - Behavior modification involves the use of drugs, psychosurgery, and electroconvulsive therapy.
 - Behavior modification only changes symptoms; it doesn't get at the underlying problems.

B. True or False (Each of 01 mark)

(07)

- A teenager frequently interrupts conversations between his parents. That's an example of a behavioral deficit.
- A golfer often thinks negatively just before important shots. That's an example of a behavioral excess.
- Behavior modification can only be applied by experts, and not by individuals in everyday life.
- Behavior modifiers deal only with observable behavior, and discount subjective events such as thoughts and feelings.
- To a behavior modifier, intelligence is something that you were born with, a sort of "inherited capacity for learning."
- According to the authors of the text, the term behavior modification has a broader meaning than the term behavior therapy.
- Lifting a heavy weight is an example of an outcome of behavior.

Q.2 Answer the following.

- Explain what behavioural contracts are in 50 words.
- What do you mean by schedules of reinforcement?

(04)

(04)

C. Write a short note on self management. (04)

OR

C. What are fear and anxiety behaviours? (04)

Q.3 Answer the following.

A. Explain chaining with an example having not less than 10 chain behaviours. (05)

B. What is shapping? (05)

C. Write down the factors affecting punishment. (05)

OR

C. What are antecedent control procedures? (05)

Q.4 Answer the following.

A. What are behavioural skills training procedures? (06)

B. What is reinforcement? (06)

C. Write a short note on extinction. (06)

OR

C. How to implement token economy? (06)