

PARUL UNIVERSITY
FACULTY OF ARTS
M.Arts. Winter 2017 – 18 Examination

Semester: 1**Subject Code: 15203104****Subject Name: Introduction to Clinical Psychology****Date: 11/12/2017****Time: 10:30 am to 1:00 pm****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.**A Multiple choice type questions. (Each of 0.5 mark)****(08)**

1. Which of the following represents the acronym for EEG
 - a) electroencephalogram
 - b) electric energy graph
 - c) encephalitic emotion graphing
 - d) egoenergy galvoscope
2. Which of the following appropriately defines self monitoring?
 - a) Clients measuring their own galvanic skin responses.
 - b) Clients measuring their own heart rates
 - c) Clients observing and recording their own behavior
 - d) Clients recording their dreams
3. The research method used by Frued was:
 - a) correlational method
 - b) naturalistic observation
 - c) survey research
 - d) case study method
4. The process of detecting ,translating and transmitting from external environment to brain is called:
 - a. perception
 - b. sensation
 - c. selective attention
 - d. adaptation
5. Which of the following is not true regarding people with a mental illness?
 - (a) They frequently are in considerable distress
 - (b) Society views such people as in need of help
 - (c) They usually pose a danger to themselves or others
 - (d) They usually have behaviour that is in some way different
6. The first medical practitioner to specialize in mental illness was:
 - (a) Johan Weyer
 - (b) William Tuke
 - (c) Benjamin Rush
 - (d) Sigmund Freud
7. Conditioned response may be eliminated by withdrawing reinforcement. This is known as:
 - a. Stimulus generalization
 - b. Extinction
 - c. Discrimination
 - d. Spontaneous recovery
8. The process by which a trained professional uses psychological methods to help people with psychological problem is known as:
 - a. Psychiatry
 - b. Psychoanalysis
 - c. Psychotherapy

- d. Psychosurgery
- 9. An affective disorder in which a person swings from one mood extreme to another is classified as:
 - a. Manic
 - b. Depressive
 - c. Unipolar
 - d. Bipolar
- 10. People who consistently come up with _____ explanations of events are more prone to depression.
 - a. Overly optimistic
 - b. Pessimistic
 - c. Delusional
 - d. dysthemic
- 11. Which of the following clinical procedures are based, in part on classical conditioning?
 - a. Transference
 - b. Systematic desensitization
 - c. Token economy
 - d. Two chair technique
- 12. According to Freud, the process through which individuals release their excessive aggressive energy is called:
 - a) Dream Work
 - b) PsychoAnalysis
 - c) Catharsis
 - d) Slips of tongue
- 13. What is the goal of listening behaviours?
 - a) guiding the client towards a specific therapeutic goal
 - b) guiding the client to become more self reliant
 - c) guiding the client to develop an insight
 - d) all of the above
- 14. What is the ultimate aim of counseling for the individuals to attain?
 - a)Self-knowledge
 - b)Self-direction
 - c)Self-discovery
 - d)All of the above
- 15. Which measure will help a counselor know an individual before the counseling process?
 - a) Conducting personality test.
 - b) Asking him to write an autobiography.
 - c) Interviewing the individual's parents and significant others.
 - d) Studying all available records.
- 16. _____ refers to genetic composition of a person.
 - a)Genotype
 - b)Phenotype
 - c)Monotype
 - d)None of the given options

B. Answer the following. (Each of 01 mark)

(07)

- 1. What is C.B.T
- 2. In middle age how were mental disorders perceived to be?
- 3. What is token economy?
- 4. What qualification an individual requires to become a Clinical Psychologist?
- 5. What question should be asked in order to judge the level of insight in a patient/client?
- 6. What is the key to differentiate psychosis from neurosis?
- 7. What are the fullforms of I.C.D and D.S.M?

Q.2 Answer the following.

- A. What is clinical psychology? Write down its scopes. **(04)**
- B. What are some major issues in clinical psychology? **(04)**
- C. Write a short note on education and training of a clinical psychologist. **(04)**

OR

- C. Write a short note professional activities and employment settings of a clinical psychologist. **(04)**

Q.3 Answer the following.

- A. What is M.S.E? Elaborate. (05)
- B. How to communicate findings of clinical evaluation? (05)
- C. Explain the nature of specific therapeutic variables. (05)

OR

- C. Marry is an adolescent girl, who just lost her father with whom she had a bonding. Her mother has always been emotionally unavailable for her. She has no friends due to over protectiveness of her mother. Being an only child, she feels lost and alone. (05)

What are the chances of Marry :

- a) indulging in teenage romance
- b) attempting suicide
- c) falling prey to either psychotic or neurotic disorders
- d) indulging in substance abuse

(Write your answer covering all the above mentioned turns her life can take)

Q.4 Answer the following.

- A. What is classical conditioning? Explain few therapies based on it. (06)
- B. Write down the differences/similarities of clinical psychology with other mental health profession. (06)
- C. What are the basic skills for the process of clinical interview? (06)

OR

- C. Explain REBT in detail. (06)