

Roll.No.

22PCPCT1002

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 - NOVEMBER 2025  
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. Comment on behavioural interview.
2. Analyze the Salient features of Behaviour Modification.
3. Describe Assertive Training.
4. Discuss the types of Operant Conditioning Techniques.
5. Explicate the goals of CBT.
6. Explain the view of human nature through cognitive models.
7. Explicate the techniques to manage obesity.
8. Evaluate the applications for behavioural skills training procedures.

### **Section C**

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

9. Expound on the types of Behavioural Assessment.
10. Delineate the steps in Systematic Desensitization with examples.
11. Elaborate on stages of CBT.
12. Explicate the techniques of Behaviour Modification for managing Anxiety and Depression.

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

13. Enumerate the components of the behavioural skills training.

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