

AH4QPHC600

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St Aloysius (Deemed to be University)

Mangaluru

School of Arts and Humanities

(PG Programme)

M.Sc. (Clinical Psychology) Semester III-PG Examination

October/November 2025

Psychotherapy II

Time: 2¹/₂ Hours

Max Marks: 60

SECTION - A

Answer any SIX of the following.

(6x5=30)

1. Explain the difference between vertical and horizontal stressors in family development with examples.
2. Discuss the self-report measures used in family therapy and explain the strengths and limitations of self-report measures.
3. Mention the primary aim and process of mindfulness based cognitive therapy.
4. Write about the roles of a group therapist in the counselling process.
5. Explain Interpersonal Psychotherapy (IPT) and what conditions is it most commonly used to treat?
6. Define integrative Approach and discuss the types of Integrative approach.
7. Explain the rationale for group work and discuss why humans naturally form groups.
8. Write a note on Virginia axline's eight principles for Non - Directive play therapy.

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SECTION - B

Answer any THREE of the following.

(3x10=30)

9. Discuss the therapeutic factors involved in psychodrama. How do they contribute to healing?
10. Elucidate the theoretical background & principles of Bowen's systems theory.
11. Discuss Duvall's stages of family development highlighting the major developmental transitions at each stage.
12. Explain the principles and therapeutic modules of Dialectical Behaviour therapy.
13. Critically evaluate the role of supportive therapy in managing patients with chronic mental illness.

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St Aloysius (Deemed to be University)

Mangaluru

School of Arts and Humanities

(PG Programme)

M.Sc. (Clinical Psychology) Semester III-PG Examination

October/November 2025

Psychology of Addiction

Time: 2¹/₂ Hours

Max Marks: 60

SECTION – A

Answer any SIX of the following.

(6x5=30)

1. Explain the primary purpose of the DSM-5 in clinical psychology.
2. Discuss non-substance related disorders from DSM-5.
3. Discuss the scope for applying kohutian views to understand substance abuse.
4. Illustrate with a case example to show how attachment issue contribute to alcohol behaviour misuse.
5. Apply self-regulation theory to explain binge drinking.
6. Explain narrative theory in psychology.
7. Analyse intrinsic and extrinsic motivation to predict relapse in substance recovery.
8. Write a note on Alcohol Related brain disorder (ARBD).

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SECTION - B

Answer any THREE of the following.

(3x10=30)

9. Compare the impact of family vs. peer relationships in addiction onset.
10. Evaluate the usefulness of kohutian theory in understanding modern addiction cases.
11. Evaluate the usefulness of case studies in advancing addiction treatment research.
12. Propose a treatment model integrating trauma therapy and addiction recovery.
13. Compare patterns of substance misuse between younger and older populations.

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St Aloysius (Deemed to be University)**Mangaluru****School of Arts and Humanities****(PG Programme)****M.Sc. (Clinical Psychology) Semester III-PG Examination****October/November 2025****School Mental Health****Time: 2¹/₂ Hours****Max Marks: 60****SECTION - A****Answer any SIX of the following.****(6x5=30)**

1. How would you use examples from international programs to advocate for school-based mental health policies?
2. Describe the common roles played by professionals within an effective school team.
3. Apply peer support models to encourage prosocial behaviour and prevent relational aggression.
4. Apply strategies of family-school collaboration to improve participation of minority parents in early intervention programs.
5. How would you apply coaching strategies to support a teacher implementing a social-emotional learning program?
6. Describe common tools or methods used for school-based mental health screening in young children.
7. Describe the key competencies required for cross-system teamwork.
8. Explain the effects of Trauma on student mental health and their academic performance.

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SECTION - B**Answer any THREE of the following.****(3x10=30)**

9. Evaluate the effectiveness of Positive Behavioral Interventions and Social emotional learning in promoting long-term positive behaviour.
10. Evaluate the benefits and risks of involving students directly in the design and of school mental health policies.
11. Do schools place sufficient emphasis on culturally sensitive family involvement. Justify
12. Critically analyse whether current school interventions adequately address suicidal ideation in adolescents.
13. Discuss the problem of Bullying and its effects from a school mental health perspective.

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St Aloysius (Deemed to be University)**Mangaluru****School of Arts and Humanities****(PG Programme)****M.Sc. (Clinical Psychology)- Semester III-PG Examination****October/November 2025****Psycho Oncology****Time: 2¹/₂ Hours****Max Marks: 60****SECTION - A****Answer any SIX of the following.****(6x5=30)**

1. How does cancer impact intimacy and sexuality in patients and their partners?
2. How did the transition from spiritual or mystical understandings to biological explanations shape cancer care?
3. Describe the common emotional reactions patients experience immediately after receiving a cancer diagnosis.
4. Explain SPIKES protocol in delivering the bad news.
5. Identify the advantage of routine distress screening in oncology screenings.
6. Explain the Pediatric Psychosocial Preventative Health Model (PPPHM), including its three levels of psychosocial risk
7. Briefly describe the concept of apoptosis and how its failure contributes to cancer.
8. How does the Psychoneuroimmunology (PNI) help in understanding the mind-body interface in oncology?

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SECTION - B**Answer any THREE of the following.****(3x10=30)**

9. Compare and contrast the Protection Motivation Theory and the Extended Parallel Process Model in explaining cancer patients' coping.
10. Discuss the application of cognitive Behaviour therapy (CBT) in psycho oncology. Highlight its role in managing cancer related distress, depression and adjustment issues with reference to techniques and therapeutic goals.
11. Critically analyze whether "evidence-based" always means "best practice" in psycho-oncology, giving examples.
12. Evaluate the principles and values that underlie effective palliative care, including patient-centeredness, holistic care, and dignity, with reference to WHO definitions.
13. Discuss the various psychological concerns experienced by cancer patients across different treatment modalities. Explain possible psychological interventions that can be used to advice these concerns.

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St Aloysius (Deemed to be University)**Mangaluru****School of Arts and Humanities****(PG Programme)****M.Sc. (Clinical Psychology) Semester III-PG Examination****October/November- 2025****Psychosocial Rehabilitation****Time: 2¹/₂ Hours****Max Marks: 60****SECTION - A****Answer any SIX of the following.****(6x5=30)**

1. "The evolution of psychiatric rehabilitation reflects changing views on human rights." Justify this statement with reference to historical milestone in Psychosocial Rehabilitation.
2. List key challenges faced by families of persons with severe mental illness.
3. Differentiate between evidence-based practice and a recovery-oriented service framework
4. Summarize how the social model of disability explains barriers faced by persons with mental illness.
5. Examine the role of career counseling in psychiatric rehabilitation.
6. Explain why practitioner wellbeing is important in sustaining rehabilitation programs.
7. List the core principles of psychosocial rehabilitation and explain any two core principles of psychiatric psychosocial rehabilitation.
8. Define the Triad Model of case management and mention its key components.

SECTION - B**Answer any THREE of the following.****(3x10=30)**

9. Critically examine how the principle of client-centeredness reshapes rehabilitation planning. Give examples from community-based settings.
10. Critically evaluate the strengths and limitations of vocational assessment tools used in India.
11. Analyze how pharmacological treatment and psychosocial rehabilitation complement each other in promoting recovery.
12. Explain how early intervention services can influence long-term recovery outcomes.
13. Discuss the barriers faced by individuals with mental illness in adopting healthy lifestyles.
