



# UNIVERSITY OF THE PUNJAB

B.S. 4 Years Program / Eighth Semester – 2019

Roll No. in Fig. ....

Roll No. in Words. ....

Paper: Clinical Psychology-II

Course Code: APSY-483 / APSY-414 Part – I (Compulsory) Time: 15 Min. Marks: 10

**ATTEMPT THIS PAPER ON THIS QUESTION SHEET ONLY.**

**Division of marks is given in front of each question.**

**This Paper will be collected back after expiry of time limit mentioned above.**

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Signature of Supdt.:

1. How was the founder of Rational Emotive Behavior Therapy (REBT)?
  - a. Albert Bandura
  - b. Albert Ellis
  - c. Joseph Wolpe
  - d. Aaron Beck
2. The concept of negative triad was given by which one of the following?
  - a. Aaron T. Beck
  - b. Albert Ellis
  - c. B. F. Skinner
  - d. Albert Bandura
3. “Jumping to the conclusion” lies under which category?
  - a. Irrational belief
  - b. Health emotion
  - c. Cognitive distortion
  - d. Unhealthy emotion
4. Which of the following will replace maladaptive cognitions with adaptive cognitions.
  - a. Proselytizing
  - b. Reframing
  - c. Modeling
  - d. Paradoxical homework
5. All of the following statement is not correct for Cognitive Behavior Therapy?
  - a. Cognitive behavior therapy aims to be time limited.
  - b. Cognitive behavior therapy initially emphasizes the present.
  - c. Cognitive behavior therapy sessions are unstructured.
  - d. Cognitive behavior therapy is goal oriented and problem focused.

P.T.O.

**6. BDI stands for**

- a. Bander Depression Inventory
- b. Beck Diversion Inventory
- c. Bander Diversion Inventory
- d. Beck Depression Inventory

**7. In which type of disputing in REBT, one can question that whether the “facts” are accurate or not.**

- a. Logical Disputing
- b. Empirical Disputing
- c. Philosophical Disputing
- d. Functional Disputing

**8. Which one of the following is the process in which a behavior is strengthened by an immediate consequence and increase the likelihood to reoccur in future?**

- a. Modeling
- b. Punishment
- c. Reinforcement
- d. Conditioning

**9. What is In Vivo Desensitization?**

- a. In vivo is in the client’s imagination
- b. In vivo desensitization is used to address imagined fears.
- c. The client exposes to the fear in reality
- d. In vivo fears where the stressor is real but the client is overreacting.

**10. If a person is having low confidence, poor self-esteem and lack of communication, then which type of training is suitable for him/her**

- a. Anger Management
- b. Stress Inoculation Training
- c. Social Skills Training
- d. Discrete Trial Training



**ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED**

**Q.2 Write short answers for the following questions. 2 x 10 = 20**

1. What is Cognitive Behaviour Therapy?
2. What is modeling, also write example?
3. What are the two purposes of Rational Emotive Imagery?
4. What is relapse prevention?
5. Differentiate between cognitive distortions and irrational beliefs?
6. Explain Proselytizing?
7. What are the purpose of shame attacking exercises?
8. Differentiate between coping statements and forceful coping statements, also give example?
9. What is referenting and also give example?
10. Differentiate between positive and negative reinforcement?

**Q3. According to Cognitive Behaviour Therapy (CBT) Write down in detail about cognitive distortions, along with examples? (10)**

**Q4. Explain briefly cognitive therapeutic techniques of Rational Emotive Behavior Therapy (REBT). (10)**

**Q5. Explain briefly therapeutic techniques of Cognitive Behavior Therapy (CBT)? (10)**