



**NOTE: Attempt any FIVE questions. All questions carry equal marks.**

Q1. (a) Write a detailed note on Experimental and Descriptive research in Social Psychology.

(b) Write a short note on following term

- Cognitive dissonance
- Persuasive Communication (10+10)

Q2. (a) Write a detailed note on the impact of Schemas on social cognition?

(b) How quickly are first Impressions formed? Discuss the role of Schemas in shaping first impressions. (10+10)

Q3. (a) Stereotypes, Prejudice and Discrimination are interrelated. Justify the given statement.

(b) Describe ways to counter the Prejudice and its effects. (10+10)

Q4. (a) What is Prosocial Behaviour? Discuss the different views that explain Prosocial behavior.

(b) Discuss the social, cultural, personal, and situational causes of Aggression. (10+10)

Q5 (a) Write a detailed note on research by Solomon ash on central and peripheral traits in Impression Formation (10+10)

(b) What is the difference between Fundamental Attribution Bias and the Self-serving Bias?

Q6. (a) What are the two types of groups in Group Behavior? Explain the elements that affect the cohesiveness within the group. (10+10)

(b) Write a detailed note on any two theories of Leadership?

Q7. (a) Write a short note on following term (10+10)

- Concept of Self in Social Psychology
- Stereotypic social perceptions

(b) Discuss the use of Correlational research in Social Psychology. What are the merits and demerits of Correlational research?

Q8. (a) Define nature and concept of Social Psychology. Discuss the Applied Areas of Social Psychology. (10+10)

(b) What do you understand by the term “Social Identity”? Discuss the Social Identity Theory.

Q9. (a) Define Social Influence. Discuss Compliance and Obedience as processes of social influence. (10+10)

(b) Discuss the factors that contribute in Attitude Formation. Explain the measurement of attitudes.



# UNIVERSITY OF THE PUNJAB

**M.A./M.Sc. Part – II Annual Examination – 2022**

Roll No. ....

Subject: Applied Psychology

Paper: VIII [Experimental Psychology (New Course)]

Time: 3 Hrs. Marks: 70

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***NOTE: Attempt any FIVE questions. All questions carry equal marks.***

- 1- Define experimental Psychology. What is the scope of experimental Psychology?
- 2- What is the nature of psychophysics? Discuss salient features of psychophysical research.
- 3- Draw the structure of eye and discuss the various functions of its parts.
- 4- What are the general principles of perceptual organization? Justify your answer with suitable examples.
- 5- What is the nature of illusion? Discuss various determinants of illusions.
- 6- What is creative thinking? Describe various steps involved in creative thinking.
- 7- Define classical conditioning. What are the salient features of classical conditioning?
- 8- Discuss types of memory and methods of measurement.



# UNIVERSITY OF THE PUNJAB

**M.A./M.Sc. Part – II Annual Examination – 2022**

Subject: Applied Psychology

Paper: X (a) [Counseling Psychology (New Course)]

Roll No. ....

Time: 3 Hrs. Marks: 100

***NOTE: Attempt any FIVE questions. All questions carry equal marks.***

1. Explain the use and purpose of tests and assessments in Counseling.
2. Write a detailed note on Building a Counseling Relationship and the factors that are paramount in Counseling process.
3. What are the basis and importance of theory in Counseling? Explain the important theories of Counseling.
4. Write a detailed note on Career and School Counseling.
5. Explain ethical and legal issues in Counseling.
6. What are the therapeutic interventions used for Counseling elderly people?
7. Explain application and procedure for carrying out Person-Centered Counseling.
8. How did Counseling develop into a distinct profession? Explain with the help of current trends and examples.
9. Explain the goals in Counseling and their importance.



# UNIVERSITY OF THE PUNJAB

## M.A./M.Sc. Part – II Annual Examination – 2022

Subject: Applied Psychology (New Course)

Paper: X-(b) (Clinical Psychology)

Time: 3 Hrs. Marks: 100

Roll No. in Fig. ....

Roll No. in Words. ....

Signature of Supdt.: .....

**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.**

**Q.1. Read the following statements carefully and tick the most appropriate answer. (40)**

**1. Case studies can be a source of new ideas for behavior. Which theory form the following was based on data collected from case studies?**

- |                          |                            |
|--------------------------|----------------------------|
| a. Piaget's theory       | c. Erickson's Stage Theory |
| b. Psychoanalytic theory | d. All of the above        |

**2. In \_\_\_\_\_, investigators do not randomly assign participants to control and experimental groups but instead make use of groups that already exist in the world at large:**

- |                       |                              |
|-----------------------|------------------------------|
| a. Natural experiment | c. Single subject experiment |
| b. Quasi-experiments  | d. None of the above         |

**3. Creating equivalence among research participants is vital for:**

- |                           |                         |
|---------------------------|-------------------------|
| a. Experimental research  | c. Descriptive research |
| b. Correlational research | d. Longitudinal Studies |

**4. Psychologists provide a prompt opportunity for participants to obtain appropriate information about the nature, results, and conclusions of the research, this is:**

- |                                |                              |
|--------------------------------|------------------------------|
| a. Maintaining confidentiality | c. Disclosure of Information |
| b. Debriefing                  | d. Privacy                   |

**5. \_\_\_\_\_ refers to the degree to which two independent observers agree on what they have observed.**

- |                            |                                     |
|----------------------------|-------------------------------------|
| a. Interrater reliability  | c. Internal consistency reliability |
| b. Test-retest reliability | d. Split-half reliability           |

**6. A wooden ruler is an example of:**

- |                     |                         |
|---------------------|-------------------------|
| a. Reliable measure | c. Standardized measure |
| b. Valid measure    | d. All of the above     |

**7. The process of using assessment data to determine if the pattern of symptoms the person presents with is consistent with the diagnostic criteria for a specific mental disorder:**

- |                        |                               |
|------------------------|-------------------------------|
| a. Clinical Diagnosis  | c. Classification of Disorder |
| b. Clinical Assessment | d. All of the above           |

**8. Each \_\_\_\_\_ test measures different aspects of personality based on specific constructs defined by test developer:**

- |                    |                        |
|--------------------|------------------------|
| a. Subjective test | c. Personality test    |
| b. Objective test  | d. Psychological tests |

**9. The \_\_\_\_\_ has patients tell stories in response to cards that depict interpersonal scenes:**

- |                               |  |
|-------------------------------|--|
| a. Rorschach Inkblot Method   | c. Minnesota Multiphasic Personality Inventory |
| b. Thematic Apperception Test | d. None of the above                           |

**10. Which of the following assessment methods was created most recently?**

- |                               |                     |
|-------------------------------|---------------------|
| a. MMPI                       | c. NEO-PI-R         |
| b. Thematic Apperception Test | d. All of the above |

**11. A psychological test used by mental health practitioners that assesses visual-motor functioning, developmental disorders, and neurological impairments is:**

- a. Stanford Binet test
- b. Raven's Progressive Matrices test,
- c. Benton Gestalt test
- d. Bender Visual Retention Test

**12. Hand test is?**

- a. Projective Technique
- b. Non-projective Technique
- c. Subjective technique
- d. Objective Technique

**13. The Tower of London test is a test used in applied clinical neuropsychology for the assessment of executive functioning specifically to detect deficits in \_\_\_\_\_, which may occur due to a variety of medical and neuropsychiatric conditions:**

- a. Memory
- b. Problem solving
- c. Planning
- d. Coping

**14. Quick Neurological Screening Test measures:**

- a. Neurological disorders
- b. The development of motor coordination and sensory integration
- c. Memory impairments
- d. None of the above

**15. \_\_\_\_\_ is a form of behavior therapy in which an undesirable behavior is paired with an unpleasant image in order to eliminate that behavior:**

- a. Covert sensitization
- b. Overt sensitization
- c. Systematic desensitization
- d. Flooding

**16. When the student from the previous example talks out of turn again, the teacher promptly tells the child that he will have to miss recess because of his behavior. This is the example of:**

- a. Positive reinforcement
- b. Negative punishment
- c. Positive punishment
- d. None of the above

**17. Modeling is:**

- a. Observational learning
- b. Classical conditioning
- c. Operant conditioning
- d. Social learning

**18. If a person always eats when watching TV, then eating behavior is controlled by watching TV. It is:**

- a. Covert assertion
- b. Stimulus control therapy
- c. Token economy
- d. All of the above

**19. Criticisms of behavior therapy include its impersonal viewpoint that:**

- a. It is more focused on feelings of client.
- b. It ignores the client's feelings and its treatment of the symptoms rather than their cause.
- c. It talks more about cognitions
- d. All of the above

20. What clients benefit most from the time-limited CBT?

- a. Clients who are ambivalent and unsure whether they can commit to treatment
- b. Clients with high levels of stress who have little to no social support
- c. Clients who present with a serious concurrent drug or alcohol addiction
- d. Clients who are motivated and play an active part in changing their behavior

21. What is the name of the technique CBT therapists use to challenge clients' maladaptive thoughts and false beliefs?

- a. Cognitive restructuring
- b. Critical thinking
- c. Thought record
- d. Illusion control

22. \_\_\_\_\_ is probably the quickest behavior therapy for clients to learn and implement.

- a. Rational emotive behavioral therapy
- b. Stress inoculation
- c. Thought stopping
- d. Problem solving

23. What is the basis of Albert Ellis's theory of cognitive-behavioral psychology?

- a. Human beings are inherently irrational and need help understanding their irrational beliefs.
- b. Thought and emotion are separate and unrelated processes in human beings.
- c. Maladapted human beings need nurturance and understanding in order to heal.
- d. Human beings are inherently rational, but are also burdened with strong inborn tendencies to think irrationally and create their own poor mental health.

24. Gillian works as a cognitive-behavioral therapist. She is always very conscientious about attending to the client's experience and responding to the client's needs in the moment. Most of her clients would describe her as warm and supportive. Gillian most likely attends to which ONE of the following constructs associated with cognitive-behavioral therapies?

- a. The importance of learning
- b. The importance of cognitions
- c. The importance of therapeutic empathy
- d. The importance of operational definitions and functional analysis

25. Derald always seems to focus on negative events in his life, even when something good happens for him. For example, when Derald got an A+ on his math test, he immediately assumed the test was too easy, otherwise he would not have gotten a good grade. Derald is most likely engaging in which type of cognitive distortion?

- a. Catastrophizing
- b. Disqualifying the positive
- c. All-or-nothing thinking
- d. Shaping

26. Gestalt is a German word that roughly translates into

- a. personality.
- b. meaning.
- c. configuration.
- d. mind.

27. How does modern Gestalt therapy differ from Perls' classical approach?

- a. Perls focused more on the "whole" person.
- b. Modern Gestalt therapists are more inclined to "shock" the client into action.
- c. Modern Gestalt therapists have no use for figure-ground.
- d. Modern Gestalt therapists use cooperative dialogue and improvised, one-of-a-kind experiments.

28. In Gestalt therapy, the \_\_\_\_\_ is a dynamic interrelated system of relationships, each part of which influences every other part.

- a. community
- b. mosaic
- c. field
- d. context

**29. If a Gestalt therapist wrote in his or her case notes that a client was retro-flecting, the therapist would mean that the client is**

- a. assigning undesired parts of him or herself to others, especially when he or she feels guilty or angry.
- b. failing to make accurate contact with his or her self and others as individuals.
- c. directing an action or thought toward him or herself rather than toward others.
- d. taking in other's views and values to the point where they seem like his or her own.

**30. The needs, wants, and interests that activate a figure formation process reside in which time frame?**

- a. the past
- b. none of the time frames specifically
- c. the future
- d. the present

**31. According to Ellis, the two major themes in clients' irrational thoughts are \_\_\_\_\_ and \_\_\_\_\_.**

- a. fear; helplessness
- b. a sense of personal worthlessness; musturbation
- c. obfuscations; anger at injustice
- d. the search for rewards; self-justification

**32. Beck refers to irrational, maladaptive cognitions as:**

- a. missteps.
- b. core issues.
- c. cognitive mis-fires.
- d. automatic thoughts.

**33. Working together, the therapist and client develop "experiments" that the client can implement to test cognitive hypotheses, a process Beck call**

- a. experimental restructuring.
- b. cognitive restructuring.
- c. collaborative empiricism.
- d. social contracting.

**34. \_\_\_\_\_ is employed when clients anticipate worst-case scenarios.**

- a. Thought stopping
- b. Overgeneralization
- c. Decatastrophizing
- d. Generating alternative interpretations

**35. What is the basic therapeutic technique in Beck's cognitive therapy?**

- a. indoctrinating the client into the philosophical system of cognitive therapy
- b. making humorous overstatements of the client's situation
- c. conducting a Socratic dialog with the client
- d. introducing the client to the DSM-IV

**36. Which of the following best defines the term schema?**

- a. Schema is the beliefs that one holds about himself and changes as life experience progresses.
- b. A schema is a broad, pervasive, and rigid cognitive theme about oneself, others, or the world that a person uses to interpret particular events.
- c. Schema is the values and traditions that an individual learns from his or her family.
- d. An individual's schema is a flexible and flowing interpretation of the world around them.

**37. Cognitive therapy has been found to be especially effective for elderly clients suffering from**

- a. anxiety
- b. dementia
- c. loneliness
- d. depression

**38. Which of the following terms is used to identify the system which is the target of attention?**

- a. The focal system
- b. The supra system

- c. The subsystem
- d. The individual system

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P.T.O.

**39. All of the following are therapeutic techniques in Bowen's approach to family therapy EXCEPT:**

- a. Drawing a genogram
- b. Coaching
- c. Boundary adjustment
- d. Use of directives

**40. All of the following are therapeutic techniques in Structural-Strategic Family therapy EXCEPT:**

- a. Joining
- b. Probes
- c. Directives
- d. Identification of family secrets

**Q.2. Fill in the Blanks**

(15x1=15)

1. A common psychological disorder, particularly among women was \_\_\_\_\_
2. Cognitive-behavioral therapy is considered to be an effective therapeutic treatment for \_\_\_\_\_
3. \_\_\_\_\_ is an example of a Specific Learning Disability.
4. Individuals with Down syndrome often have moderate to severe intellectual impairment with a measurable IQ usually between \_\_\_\_\_
5. WAIS stands for \_\_\_\_\_
6. Disputation is the basic technique of \_\_\_\_\_
7. The \_\_\_\_\_ is a 21-item self-report test that assesses depressive symptoms in adults and adolescents.
8. The \_\_\_\_\_ features cards depicting interpersonal scenes.
9. \_\_\_\_\_ personality tests feature ambiguous stimuli and an open-ended range of client responses whereas, \_\_\_\_\_ personality tests include unambiguous test items, offer clients a limited range of responses, and are objectively scored.
10. Patients come to relate to the therapist much as they did to important figures in their childhood, particularly their parents is known as \_\_\_\_\_
11. The acquisition of any phobia can be best explained by \_\_\_\_\_ model.
12. During the \_\_\_\_\_ mental illness continued to be viewed as a result of demonic possession.
13. The \_\_\_\_\_ is the source of our strong sexual and aggressive feelings or energies.
14. Chief causes of abnormal functioning are psychological is a view of \_\_\_\_\_ perspective.
15. In contrast to relying on a sole method of assessment, a \_\_\_\_\_ approach would incorporate tests of different types, interview data, observations, and other sources of information.

**Q. 3. Mark the following statements as True or False**

(20x1=20)



Sr no	Statements	True	False
1	Hand test used for predicting covert aggressive behavior.		
2	Different disorders are associated with different cognitive levels.		
3	OCD is more common in men.		
4	Psychoanalytic therapy is very effective for treating fears.		
5	Behavioral observation is also known as naturalistic observation.		
6	A negative aspect of the Biological Paradigm is that it is essentially reducing illnesses down to biology and the brain.		

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P.T.O.

7	Behavioral assessment views client behaviors as the problem of interest, not as signs of underlying issues.		
8	Manualized assessment is an approach to assessment focusing on "what works" as indicated by empirical data.		
9	Albert Bandura is credited with the development of cognitive therapy.		
10	The MMPI-2 was designed for patients aged 15-21.		
11	Clinical Psychologist can diagnose and provide intervention, but do not have prescribing privileges.		
12	It is generally considered that cognitive behavior therapy changes thoughts processes and behavior.		
13	Systematic Desensitization is an ineffective treatment for phobias.		
14	Feeling anxious and fearful after an accident is normal and expected behavior, but if those feelings last over months and is at a level that cannot be controlled, it becomes abnormal and unexpected.		
15	Some illnesses do not show up on a neurologists tests and therefore neurophysiology testing must be done as well.		
16	Any individual that violates a norm is presenting abnormal behavior.		
17	General Anxiety Disorder is easy to treat because it is generalized and common.		
18	Anxiety becomes a problem when it is chronic, but not intense.		
19	The Benton visual retention test is a self-report questionnaire including 434 true/false items.		
20	Flooding is fast and effective, but it causes the patient a lot of distress at once.		

Q.4. Answer the following questions

(5x5= 25)

1. Define healthy and unhealthy negative feelings in REBT.

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2. Describe process in family therapy.

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3. Explain research designs mainly used in clinical research.

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4. What do you know about RISB test?

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5. Describe Gestalt application with specific population.

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# UNIVERSITY OF THE PUNJAB

**M.A./M.Sc. Part – II Annual Examination – 2022**

**Subject: Applied Psychology Paper: XII (a) [Health Psychology (New Course)]**

Roll No. ....

Time: 3 Hrs. Marks: 100

***NOTE: Attempt any FIVE questions. All questions carry equal marks.***

1. What is the difference between biomedical model of medicine and biopsychosocial model of health psychology? Explain with examples.
2. Write a detailed note on stages of change model with reference to behavior management of the drug addicts.
3. Write a note on HIV and AIDS, its risk factors and management from the perspective of a health psychologist.
4. Write a note on Grief, bereavement and loss and role of health psychologists in their management.
5. What is the difference between health promoting and health compromising behaviors?  
How to promote healthy lifestyle in people with obesity?
6. What does it mean to be healthy and ill? Explain illness cognitions in light of Leventhal's Model.
7. Define Arthritis. Explain its types and risk factors of Arthritis.
8. Why research is important in Health Psychology and what are the key areas to focus on?
9. What is healthy diet? How does diet effect health in both positive and negative way?



# UNIVERSITY OF THE PUNJAB

**M.A./M.Sc. Part – II Annual Examination – 2022**

Roll No. ....

Subject: Applied Psychology

Paper: XII (F) (Child Psychology) (New Course)

Time: 3 Hrs. Marks: 100

***NOTE: Attempt any FOUR questions. All questions carry equal marks.***

- Q1. Define Child Psychology. What are theories of child Development?
- Q2. What do you know about prenatal development?
- Q3. What are different methods used in Child Psychology?
- Q4. What are ethical considerations in child Psychology?
- Q5. What do you know about physical and cognitive development in middle childhood?
- Q6. What do you mean by gender identification and sex typing? What is their role in Parent-child relationships? What are different problems faced by children in third world countries with special reference to Pakistan?
- Q7. What do you know about issues of child labor and abuse?