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PYH 551 (R)



**IV Semester M.Sc. Examination, September/October 2022
(Repeaters : 2019 Batch)
PSYCHOLOGY
Behaviour Modification**

Time : 3 Hours

Max. Marks : 70

I. Answer **any five** of the following (**Concepts**) : **(5×2=10)**

- 1) Behavioral analysis.
- 2) Desensitisation.
- 3) Tokens.
- 4) Characteristics of Assertiveness.
- 5) Stress inoculation methods.
- 6) Shaping.

II. Answer **any three** of the following (**Short Notes**) : **(3×5=15)**

- 7) Schedules of reinforcement.
- 8) Process inherent in modeling.
- 9) Cognitive distortions.
- 10) Methods of behavioral assessment.

III. Answer **any three** of the following (**Essay Questions**) : **(3×15=45)**

- 11) Discuss the procedure of JPMR.
 - 12) Explain the usefulness of contingency contract and chaining in behavior modification.
 - 13) Elucidate the method of self control techniques in modifying binge eating behavior.
 - 14) Discuss the techniques of Rational Emotive Behavior Therapy.
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