

**KLE Society's**  
**S. NIJALINGAPPA COLLEGE**  
II-Block, Rajajinagar, Bengaluru-10

**DEPARTMENT OF PSYCHOLOGY**

**V Semester- Question Bank (Non NEP)**

**Paper 5- Psychological Disorders**

**Unit 1: Introduction**

**2 marks questions**

1. Define Abnormal psychology.
2. Mention any 2 elements of abnormal psychology.
3. What do you mean by abnormality.
4. Mention any 2 perspectives of abnormal psychology.
5. Mention any 2 preventions of mental health disorders.

**5 marks questions**

1. Explain the elements of abnormal psychology.
2. Explain the disadvantages of the classification of DSM V and ICD – 11.
3. Explain Newer psychodynamic perspective.
4. Explain Behavioral perspective
5. Explain cognitive behavioral perspective.

**10 marks questions**

1. Explain psychological view points in abnormal psychology.
2. What is the need to clarify mental disorders and explain the disadvantages of classification of DSM V and ICD -11.
3. Write a note on prevalence of mental health disorders India.

**Unit 2: Anxiety disorders, somatic symptoms disorders and dissociative disorders.**

**2 marks questions**

1. Define Anxiety disorders.
2. Mention any 2 types of anxiety disorders.
3. Define scientific phobias.
4. Define Obsessive compulsive disorder.
5. What is somatization ?
6. Define Hypochondriasis.

7. Define dissociative disorder.
8. What is dissociative amnesia.

#### **5 marks questions**

1. Explain primary types of anxiety disorders.
2. Explain social phobia.
3. Explain obsessive compulsive disorder.
4. Explain somatization disorder.
5. Explain pain disorder and conversation disorder.

#### **10 marks questions**

1. Explain the clinical picture of scientific phobias.
2. Write a note on obsessive compulsive disorder
3. Write a note on somatic symptoms of disorders.
4. Write a note on Dissociative amnesia and Dissociative identity disorder.

#### **Unit 3: Personality disorders and variants.**

#### **2 marks questions**

1. Define personality disorder.
2. Mention any 2 types of personality disorders.
3. Mention any 2 types of paraphilias.
4. What is exhibitionism.
5. What is Transvestite fetishism.

#### **5 marks questions**

1. Explain clinical features of personality disorders.
2. Explain paranoid ( cluster A) disorders.
3. Explain Anti-social (cluster B) disorders.
4. Explain Dependent ( cluster c) personality disorders.
5. Explain types of Exhibition and transvestic fetishism

#### **10 marks questions**

1. Explain the clinical features of personality disorders.
2. Explain the clinical paranoid and explain types of personality disorders.
3. Explain the sexual variants of personality disorders.

#### **Unit 5: Mood Disorders and Schizophrenia**

#### **2 marks questions.**

1. Define mood disorders.
2. What is unipolar mood disorder?
3. Define President depressive disorder.
4. What are bipolar diseases.
5. Define schizophrenia.

6. Mention subtypes to schizophrenia.

**5 marks questions**

1. Explain the types of mood disorders.
2. Explain persistent depressive disorder.
3. Explain major depressive disorder.
4. Explain cyclothymic disorder.
5. Explain features of bipolar diseases.

**10 marks questions**

1. Explain Unipolar mood disorders.
2. Explain Bipolar diseases.
3. Write a note on schizophrenia.

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**Paper 6- Counselling psychology**

**Unit 1 : Introduction**

**2 marks questions**

1. Define counselling.
2. Define guidance.
3. Define psychotherapy.
4. Mention any 2 goals of counselling.
5. Mention any 2 special areas of counselling.

**5 marks questions**

1. Write a note on psychotherapy.
2. Explain the goals of counselling.
3. Explain the scope of counselling.

**10 marks questions**

1. Explain the historical background of counselling.
2. Explain guidance and psychotherapy.
3. Explain the special areas of counselling.

**Unit 2: Theoretical Approaches to counselling.**

**2 marks questions**

1. Define psycho- analytical theory of counselling.
2. Define Gestalt theory of counselling.
3. Define Cognitive theory of counselling.

**5 marks questions**

1. Explain Psycho – Analytical theory of counselling.
2. Explain Behavioral theory of counselling
3. Explain Humanistic approach to counselling.
4. Explain Gestalt Therapy of counselling.

**10 marks questions**

1. Explain the Theoretical Approaches to counselling.

### **Unit 3: Process of counselling**

#### **2 marks questions**

1. Define problem identification.
2. Define termination.
3. Mention any 2 factors influencing the counselling process.
4. Define multi focused responding.
5. Define accurate empathy.
6. Define self – disclosure .
7. Define immediacy.
8. Define Confrontation.
9. Define follow up

#### **5 marks questions**

1. Explain the process of problem identification and exploration in counselling.
2. Explain solution application and termination in psychology.
3. Explain the types of initial interviews.
4. Explain factors that influence the counselling process.
5. Explain the issues related to termination

#### **10 marks questions**

1. Explain the process of counsellor relationship establishment.
2. Explain the process of termination in counselling.
3. Explain the process of building counselling relationship.
4. Explain the elements of counselling relationship.
5. Explain the process of closing the counselling relationships.

### **Unit 4: Ethics of counselling**

#### **2 marks questions**

1. Mention any 2 ethical principles of counselling.
2. Define Autonomy.
3. Define Beneficence.
4. What is Nonmaleficence?
5. Define Fidelity

#### **5 marks questions**

1. Explain the ethical principles of counselling.

2. Explain the ethical theory of relationship between ethics and Law.

**10 marks questions**

1. Write a note on code of ethics of counselling.
2. Explain common ethical violations by mental health professionals.

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**VI Semester- Question Bank (Non NEP)**

**Paper 7 –Industrial/Organizational Psychology**

**Unit 1: Introduction**

**2 marks questions**

1. Define Organizational psychology.
2. Mention any 2 goals of Organizational psychology.
3. Mention any 2 areas of organizational psychology.
4. Expand I-O.

**5 marks questions**

1. Explain goals of Organizational psychology.
2. Write a note on I-O psychology as a career.
3. Explain nature of people and nature of organization.

**10 marks questions**

1. Explain fundamental concepts of organizational psychology.
2. Explain history of organizational behavior.
3. Explain areas of industrial psychology.

**Unit 2: Selection, Training and Development**

**2 marks questions**

1. Mention any 2 psychological tests of organizational psychology.
2. Define training.
3. Define Organizational analysis.
4. Define interview.
5. Mention any 2 types of training programs.
6. Define Apprenticeship.
7. Expand CAI.
8. Define case study.
9. Define role playing.

**5 marks questions**

1. Write a note on uses of psychological tests in organizational psychology.
2. Explain the scope of organizational psychology.
3. Explain Vestibule training.
4. Write a note on computer assisted instructions.
5. Explain Behavior modification .
6. Explain role playing in organizational psychology
7. Explain behavior modelling.

#### **10 marks questions**

1. Explain employee selection process in Organizational psychology.
2. Explain needs to assessment in organizational psychology .
3. Explain types of training programs in organizational psychology .

### **Unit 3: Performance Appraisal**

#### **2 marks questions**

1. Define performance appraisal.
2. What is objective performance.
3. Define computerized performance monitoring.
4. Define critical incident method.
5. Define rating techniques.
6. What are Ranking techniques.
7. What is Behavior anchored rating scale.

#### **5 marks questions**

1. Explain performance appraisal.
2. Explain objective performance.
3. Explain critical incident method.
4. Explain rating techniques.
5. Explain Ranking techniques.
6. Explain Behavior anchored rating scale.

#### **10 marks questions**

1. Explain need for performance appraisal.
2. Explain techniques of performance appraisal methods.
3. Explain judgmental performance appraisal methods.
4. Explain bias in performance appraisal.

### **Unit 4: work related attitude, Leadership, work motivation and reward system.**

#### **2 marks questions**

1. Define Organizational commitment.
2. Define motivation.



3. Mention any 2 theories of motivation in organizational psychology .
4. Mention types of motivation in organizational psychology
5. Define leadership.
6. What is incentives linking pay with performance?
7. Define profit sharing

**5 marks questions**

1. Explain organizational commitment.
2. Explain effects of employee attitude.
3. Explain Herzberg's motivator hygiene theory.
4. Explain Alderfer's ERG model .
5. Explain nature of leadership.
6. Explain autocratic leadership style.
7. Explain types of incentives systems.

**10 marks questions**

1. Explain work related attitude in organizational psychology .
2. Explain motivation in organizational psychology.
3. Explain leadership styles in organizational psychology.
4. Explain economic incentives systems.

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**Paper 8- Health Psychology**

**Unit 1: Introduction**

**2 marks questions**

1. Define Health.
2. Define health psychology.
3. Mention any 2 goals of health psychology.
4. Mention models of health psychology.
5. Define illness cognition.

**5 marks questions**

1. Explain goals of health psychology.
2. Explain biomedical model.
3. Explain biopsychosocial model
4. Explain Leventhal's self-regulatory model

**10 marks questions**

1. Explain models of health psychology.
2. Write a note on illness cognition

**Unit 2: Health and behavior**

**2 marks questions**

1. Define resistance.
2. Define optimism.
3. Mention any 2 health enhancing behaviors.
4. Mention any 2 health compromising behaviors.
5. Mention any 2 approaches to health behavior change.

**5 marks questions**

1. Explain physical factors of health.
2. Explain effects of substance abuse.
3. Explain cognitive behavioral model.

4. Explain transtheoretical model

### **10 marks questions**

1. Explain health enhancing behaviors in health psychology.
2. Explain health compromising behaviors.
3. Explain changing health habits.

## **Unit 3: Stress, lifestyle disorders and its management.**

### **2 marks questions**

1. What is stress?
2. Mention any 2 theories of stress.
3. Mention sources of stress
4. Define coping.
5. Define psychoneuroimmunology.
6. Mention cardiovascular diseases.
7. Define sleeplessness.

### **5 marks questions**

1. Explain Cannon theory of stress.
2. Explain Lazarus theory of stress.
3. Explain ways of coping.
4. Explain Humoral and cell immunity.
5. Write a note on sleeplessness.

### **10 marks questions**

1. Explain theories of stress.
2. Explain sources of stress.
3. Explain cardiovascular diseases.
4. Write a note on impact of Yoga on specific lifestyle disorders.

## **Unit 4: pain and its management.**

### **2 marks questions**

1. What is pain?
2. What is pain perception?
3. Expand CBT.
4. Define biofeedback.
5. Mention any 2 relaxation techniques.
6. What is hypnosis?
7. Define acupuncture.

### **5 marks questions**

1. Explain subjective affective processes of pain.
2. Explain relaxation techniques.
3. Write a note on hypnosis.
4. Explain guided imagery.

**10 marks questions**

1. Explain role of psychosocial factors in pain perception.
2. Explain role of psychology in pain treatment.
3. Explain pain management techniques.