

27/5/24



End term examination  
Department of Psychology, Doon University, Dehradun  
BA 4<sup>th</sup> semester 2023-24 (End Term)  
Paper: PYE251-Cognitive Behavioural Therapy

Time: 2 hours

Section A

Marks 50

Note: All questions are compulsory (10×1=10)

- Which of the following is NOT a core principle of CBT?
  - Thoughts, feelings, and behaviors are interconnected.
  - Negative thought patterns can contribute to emotional distress.
  - Medication is important and necessary part of CBT.
  - We can learn to identify and challenge unhelpful thinking patterns.
- What is the term for replacing negative thoughts with more realistic or helpful ones?
  - Cognitive dissonance
  - Cognitive reframing
  - Cognitive exposure
  - Behavior activation
- In CBT, therapists help clients develop skills to:
  - Manage their emotions effectively
  - Interpret their symbolic dreams
  - Uncover repressed childhood memories
  - by developing passively acceptance for their circumstances
- A CBT technique that involves gradually exposing oneself to feared situations is called:
  - Relaxation training with visualisation
  - Journaling in imagination
  - Exposure therapy
  - Role-playing with empty chair technique
- A client with depression constantly thinks, "I'm a failure. Nothing I do is good enough." During a CBT session, the therapist helps the client identify the:
  - Underlying cause of these thoughts in their past.
  - Emotional response to these thoughts (sadness, hopelessness).
  - Cognitive distortion in these thoughts.
  - Need for medication & meditation to manage the depression.
- A client with social anxiety believes everyone will judge them harshly. When challenged by the therapist, the client admits they have no evidence to support this. This highlights the issue of:
  - Unrealistic expectations of social interactions.
  - Difficulty expressing emotions effectively.
  - Lack of behavioral activation in social situations.
  - Past traumatic experiences causing the anxiety.
- A client with panic attacks avoids crowded places because they fear losing control. In CBT, the therapist might use exposure therapy with:
  - Relaxation techniques practiced beforehand only.
  - Group therapy sessions with other people who have panic attacks.
  - Medication to manage the physical symptoms of panic attacks.
  - Imaginal exposure to crowded places, gradually increasing intensity.
- A client with depression constantly thinks, "I'm a failure." A therapist using cognitive reframing might ask:

- 05/2/15
- (a) "What evidence supports this thought?"
  - (b) "What positive aspects do you have?"
  - (c) "What caused you to feel this way?"
  - (d) "Isn't it normal to feel like this sometimes?"
9. A client with panic attacks avoids crowded spaces due to fear of losing control. This avoidance behavior, according to CBT, likely:
- (a) Reduces anxiety in the short term but reinforces the fear in the long term.
  - (b) Provides a healthy coping mechanism for managing panic attacks.
  - (c) Has no impact on the severity of panic attacks.
  - (d) Is a sign of underlying unresolved childhood trauma.
10. A client with OCD avoids touching surfaces due to fear of contamination. Exposure therapy in CBT would involve:
- (a) Discussing the origin of the fear through talk therapy.
  - (b) Gradually exposing the client to feared situations in a safe environment.
  - (c) Prescribing medication to reduce obsessive thoughts.
  - (d) Analyzing the symbolic meaning behind the fear of contamination.

### Section B

**Note: attempt any three questions (3×6=18)**

- 11. Describe the misconceptions about CBT. Explain the difference between CBT and simply "thinking positive."
- 12. Imagine you're struggling with low self-esteem. CBT often encourages identifying core beliefs. What are some questions you might ask yourself to uncover these core beliefs?
- 13. Behavioral activation is a key component of CBT. Describe a situation where you could use behavioral activation to improve your mood or motivation.
- 14. You recently received a negative performance review at work. This triggered feelings of inadequacy and self-doubt. Explain how you could use a thought record to challenge these negative thoughts based on CBT principles.

### Section C

**Note: attempt any two questions (2×11=22)**

- 15. Imagine you're struggling with a phobia that significantly impacts your daily life. Describe the process of exposure therapy in CBT and how it could be used to gradually overcome this phobia.
- 16. Imagine you're struggling with a chronic health condition that causes pain and fatigue. This can lead to feelings of helplessness and hopelessness. Explain how a CBT therapist could help you develop coping mechanisms and maintain a positive outlook despite these challenges.
- 17. Becoming more aware of your inner thoughts and emotional state is crucial for uncovering NATs. Describe various techniques a CBT therapist might teach a client to improve their ability to identify and capture fleeting negative automatic thoughts.