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**N – 7242**

Reg. No. : .....

Name : .....

**Fourth Semester M.S.W. Degree Examination, August 2022**

**Disaster Management**

**SWDM 542.1 — POST TRAUMATIC STRESS DISORDER (PTSD) and  
COGNITIVE BEHAVIOURAL THERAPY (CBT)**

**(2020 Admission)**

Time : 3 Hours

Max. Marks : 75

PART – A

Answer **all** questions in not more than **50** words. Each question carries **2** marks.

1. Behavioral theory of depression.
2. Cultural considerations in CBT.
3. Cognitive triad
4. Behavioral experiments.
5. Principles of clinical interview
6. Concept of PTSD
7. REBT
8. Automatic thoughts
9. Intermediate and core beliefs
10. Thought records

**(10 × 2 = 20 Marks)**

P.T.O.



## PART – B

Answer any **five** of the following in no more than **300** words. Each question carries **5** marks.

11. Write a note on how CBT can be used to treat PTSD.
12. Comment on activity scheduling and role playing in CBT.
13. Comment on the behavioral theory of anxiety.
14. How do relaxation techniques help in alleviating negative thoughts?
15. What is the Aaron Beck cognitive model?
16. Describe the causes and symptoms of PTSD.
17. Enumerate the steps of clinical interviews in CBT.
18. What are some of the assumptions of CBT?

**(5 × 5 = 25 Marks)**

## PART – C

Answer any **three** of the following in not more than **850** words. Each question carries **10** marks.

19. Describe any 5 CBT tools and techniques with examples.
20. Discuss how exposure therapy works in curing PTSD.
21. Describe the role of functional analysis in CBT with relevant examples.
22. Explain the advantages and disadvantages of CBT.
23. Prepare a case formulation for a client who is experiencing severe anxiety after surviving a flood

**(3 × 10 = 30 Marks)**

