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S – 5083

Reg. No. :

Name :

Fourth Semester M.S.W. Degree Examination, October 2023

Disaster Management

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

(2020 Admission Onwards)

Time : 3 Hours

Max. Marks : 75

SECTION – A

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

1. Relaxation techniques.
2. Limitations of CBT.
3. Negative self-schemas.
4. Journaling.
5. CBT model of etiology.
6. Functional analysis.
7. Guided discovery.
8. Errors in logic.
9. Activity scheduling.
10. Behavioral activation.

(10 × 2 = 20 Marks)

P.T.O.



SECTION – B

Answer **any five** of the following in not more than 300 words. **Each** question carries **5** marks.

11. Outline the principles of clinical interviewing of CBT.
12. Write a note on the application of CBT using an example.
13. Comment on the behavioral theory of depression.
14. How are cultural considerations incorporated into CBT?
15. Explain the cognitive triad.
16. Write a note on intermediate and core beliefs.
17. Describe the treatment modalities of PTSD.
18. List the phases of CBT and highlight the basic assumptions of this method.

(5 × 5 = 25 Marks)

SECTION – C

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

19. Write an essay on any three cognitive and behavioural therapeutic theories.
20. Critically analyse how CBT tools and techniques can be used in disaster management.
21. Describe the phases of CBT in detail with relevant examples.
22. Discuss the various CBT tools and techniques used for PTSD treatment.
23. Explain CBT case formulation process using an example.

(3 × 10 = 30 Marks)

