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Reg. No. :

Name :

Fourth Semester M.S.W. Degree Examination, July 2024

Disaster Management

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

(2020 Admission Onwards)

Time : 3 Hours

Max. Marks : 75

PART – A

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

1. PTSD.
2. Assessment of PTSD.
3. Cognitive Distortions.
4. CBT.
5. Cognitive triad.
6. Anxiety.
7. Polarised thinking.
8. Core beliefs.
9. Thought records.
10. Guided discovery.

(10 × 2 = 20 Marks)

P.T.O.



PART – B

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

11. Create a model activity schedule for a person experiencing depression.
12. Delineate the techniques used for cognitive restructuring.
13. List the major assumptions in CBT.
14. Discuss briefly the steps in CBT.
15. Elaborate the cognitive model of depression.
16. Delineate the principles of clinical interviewing in CBT.
17. Provide a sample case formulation of a person with PTSD.
18. Give an outline of treatment modalities for PTSD.

(5 × 5 = 25 Marks)

PART – C

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

19. PTSD has a significant negative impact on the person's life. Comment.
20. Elaborate the CBT model of causation and maintenance of psychological disorders.
21. Discuss the process and effectiveness of CBT for PTSD.



22. "Alex is an ex-soldier who has served in a war zone. He frequently experiences vivid nightmares, intrusive thoughts about the traumatic events he witnessed, and heightened physiological responses to triggers that remind him of his experiences. He has become increasingly avoidant of social situations and often feels detached from his surroundings. Alex's symptoms have persisted for more than a year since his return home". Analyse the case using cognitive behaviour theory and develop a cognitive model of the case.
23. "Mark is a 40-year-old man who experienced significant childhood trauma, including physical abuse and neglect. As an adult, he struggles with intense emotional reactions and hypervigilance in response to triggers that remind him of his traumatic past. Mark avoids situations and environments that remind him of his childhood experiences, limiting his ability to engage fully in life". Analyze the application of exposure therapy techniques in addressing Mark's childhood trauma and related symptoms.

(3 × 10 = 30 Marks)

