

# Question Bank

## CC-8 (Psychopathology)

### Unit-I

#### Long Questions (6 marks):

1. What do you understand by 'Psychopathology'? Discuss how will you explain Abnormal behaviour.
2. Define abnormality. Discuss different criteria of understanding the concept of abnormality.
3. Discuss the classificatory system of understating abnormal behaviour.
4. What do you understand by Assessment? Describe different diagnostic tests to assess psychological disorder
5. What is Rating Scales? Describe different types of rating scales used in psychological assessment.
6. Discuss how 'History taking Interview' is being conducted.
7. What do you understand by Mental State Examination? Discuss the different aspects of Mental State Examination.
8. Discuss the Psychodynamic perspective of understanding abnormal behaviour
9. Explain the abnormal behaviour from the Behavioural perspective.
10. "The way you think, the way you become". Explain the statement in understanding abnormal behaviour.
11. Explain abnormal behaviour in terms of Humanistic-Existential perspective.
12. Discuss the view point of Socio-cultural perspective to understand abnormal behaviour.
13. What is projective test? Discuss different projective tests used to understand abnormality.

#### Short Questions: (2 marks)

1. Write briefly on DSM-IV-TR.
2. Describe the AXIS system in DSM-IV.

3. What is MMPI?
4. What is Projective test?
5. Write briefly on Word Association Test.
6. Briefly describe the concept of 'Unconditional Positive Regards'
7. What is Self-Actualization?
8. Explain the Dynamic Aspects of mind.
9. What is Free Association?
10. What do you understand by Mental State Examination?
11. Normal Vs Abnormal
12. What is a Diagnostic test?
13. What do you understand by Cognitive Distortions?
14. Symptoms Vs. Syndrome

## **Unit-II**

### **Long Questions (6 marks):**

1. Explain the Anxiety Disorder in terms of DSM-IV TR. Discuss the symptoms and treatment of Generalized Anxiety Disorder
2. Discuss the symptoms, causes and treatment of Phobic Disorder.
3. "Obsessive Compulsive Disorder is a devastating illness". Explain the statement.
4. Discuss the causes and treatment of Obsessive-Compulsive Disorder.
5. Discuss the diagnostic criteria of major depressive disorder (MDD). Explain the clinical features of MDD.
6. What do you understand by Bipolar Mood Disorder? Discuss the clinical features and causes of Bipolar mood disorder.
7. Discuss the causes and treatment of Bipolar Mood Disorder.
8. "Dysthymia is a mild form of Depression"; Justify.
9. Discuss the causes and treatment of Dysthymia.
10. Discuss the difference between the Bipolar I and Bipolar II mood disorder.

### **Short Questions: (2 marks)**

1. Hypomania
2. Cyclothymia
3. What is Social Phobia?
4. Explain Agoraphobia.
5. What is Obsessive rumination?
6. Define compulsion.
7. Clinical features of Dysthymia.
8. Key difference between Social Phobia and Agoraphobia.
9. "If there is compulsion, there must be obsession. However, if there is obsession, there may or may not be compulsion." Explain the above statement.
10. What is 'Exposure Response Prevention'?
11. Write briefly about Modelling.
12. Implosion or flooding technique
13. Serotonin and Anxiety
14. Is OCD hereditary?
15. Relationship of 'Psychosexual stages of development' and OCD.
16. Depression and suicide
17. Differentiate between Suicidal ideation, Suicidal Plan and Suicidal attempt.

**Fill in the blanks:**

1. Long term mild depression is called as \_\_\_\_\_ .
2. The best technique for treating the person with OCD is \_\_\_\_\_.
3. Irrational, Repetitive, Intrusive thoughts are technically called as \_\_\_\_\_.
4. Irrational, Repetitive, Intrusive behaviours are technically known as \_\_\_\_\_.
5. A person fears of scrutiny by others, have excessive anxiety and avoid going to social situations indicates that, the person might be suffering from \_\_\_\_\_.
6. A condition where the person have extreme anxiety about being in situation where escape is not possible, is the key feature of \_\_\_\_\_ disorder.
7. In \_\_\_\_\_ disorder, the anxiety shoots up within 10 minutes and reached up to its' peak.
8. According to DSM-IV-TR, the symptoms of depression must be present at least for \_\_\_\_\_ weeks are diagnosed as depressive disorder.

9. According to DSM-IV-TR, the symptoms of mania must be present at least for \_\_\_\_\_ days to be considered as Manic episode.
10. Modelling is a technique used for treatment of \_\_\_\_\_ disorder.
11. Some research says that, decrease in the level of serotonin leads to \_\_\_\_\_ and increase in serotonin leads to anxiety.

### **Unit-III**

#### **Long Questions (6 marks):**

1. Describe the diagnostic criteria and clinical features of Borderline personality disorder.
2. Discuss the symptoms and clinical features of Paranoid personality disorder.
3. Describe the diagnostic criteria and clinical features of Anxious Personality disorder.
4. What do you understand by Personality Disorder? Discuss the causes and treatment of Personality disorder.
5. What is Impulsive personality disorder? Discuss its causes and treatment.
6. Discuss the Dissociative Disorder. Describe the causes and treatment of Dissociative disorder.

#### **Short Question (2marks)**

1. Classification of personality disorder (DSM-IV)
2. Key clinical symptoms of Schizoid Personality disorder.
3. Key clinical features of avoidant/anxious personality disorder.
4. Causes of dependent personality disorder.
5. Causes of dissociative disorder.

#### **Fill in the blanks:**

1. \_\_\_\_\_ personality disorder is characterized by extreme idealization and devaluation of others.
2. According to DSM-IV, on \_\_\_\_\_ axis personality disorder is diagnosed and recorded.
3. According to DSM IV diagnostic criteria, antisocial and borderline personality disorder fall under Cluster \_\_\_\_\_.

4. A person suffering from personality disorder who shows symptoms of “difficulty in making decision and highly depends on others’ advice” is categorized under \_\_\_\_\_ Personality disorder.
5. A person enjoyed being alone, neither desire nor enjoy close relationships, almost always choose solitary activity, indicates that the person might be suffering from \_\_\_\_\_ personality disorder.
6. Cluster A of personality disorder is mostly dominated by \_\_\_\_\_ behaviour.
7. Cluster \_\_\_\_\_ of personality disorder is dominated by symptoms of being fearful, anxious and introvert type traits.

#### Unit-IV

1. Downward Arrow Technique is a technique of Psychodynamic Thrapy. (True/False)
2. When the therapist develops a deep sense of attachment and start getting emotionally involved with his/her client, it is called transference. (True/False).
3. Hallucination is a negative symptom of Schizophrenia. (True/False)
4. PACT is a rehabilitation programme for people with schizophrenia. (True/False)
5. Schema is the core belief of the person. (True/False)
6. Delusions false unshakable perceptions. (True/False)
7. A category of schizophrenia where the person displays odd behaviour it is called paranoid schizophrenia. (True/False)
8. Aaron Beck is the father of Cognitive Behaviour Therapy. (True/False)
9. A person having a family history of Schizophrenia, will also develop Schizophrenia in his/her life. (True/False)
10. Socratic questioning is a method of Cognitive Behaviour Therapy. (True/False)

#### Fill in the blanks:

1. Cognitive Behaviour Therapy is developed by \_\_\_\_\_ -.
2. Deep feeling and emotional attachment of the client towards the therapist is called \_\_\_\_\_.
3. Fixed, False, Firm, Unshakable belief is called \_\_\_\_\_.
4. Psychodynamic therapy has its root from the work of \_\_\_\_\_.
5. \_\_\_\_\_ is called the royal road to unconscious.

6. According to Cognitive Behaviour Therapy, the method to record the thoughts, feelings and behaviour in a copy is called \_\_\_\_\_.
7. Asocialization is a \_\_\_\_\_ symptoms of Schizophrenia.
8. Misinterpretation of perception or experiences in schizophrenia is known as \_\_\_\_\_.
9. Maintaining rigid and immobile postures in schizophrenia is known as \_\_\_\_\_ schizophrenia.
10. The main aim of psychodynamic therapy is to explore the clients' \_\_\_\_\_.
11. Programme for Assertive Community Treatment is used for treatment of \_\_\_\_\_ disorder.
12. The technique used in treating depression, where the patient keeps the record of his/her thoughts, feelings, and behaviour is known as \_\_\_\_\_.

**Long Questions (6 marks):**

1. Discuss the Key assumptions of Psychodynamic Therapy. Elaborate on different techniques used in Psychodynamic Therapy.
2. Discuss the cognitive-behavioral model to treat mental disorder. Explain with suitable example.
3. Describe the key cognitive and behavioural techniques used in Cognitive Behaviour Therapy of Aaron Beck.
4. What is Schizophrenia? Discuss different types of Schizophrenia.
5. Describe the diagnostic criteria of Schizophrenia. Discuss the causes of Schizophrenia.
6. Describe the clinical features of Schizophrenia. Describe different methods used to treat a person with Schizophrenia.

**Short Questions: (2 marks)**

1. Describe the Cognitive tirad.
2. Explain the Downward Arrow Technique
3. What is Cognitive Disputing?
4. Cognitive Distortions
5. What is Defence Mechanism?

6. Write briefly on Dream Analysis.
7. What is free association?
8. Describe Jacobson's Progressive Muscles Relaxation Exercise.
9. What is transference?
10. Describe the concept of counter-transference
11. Describe the negative symptoms of Schizophrenia.
12. What is Hallucination? Describe different types of Hallucinations.
13. Differentiate between hallucination and delusion.
14. Describe the key clinical features of Catatonic Schizophrenia.
15. Discuss how dopamine is related to schizophrenia.
16. Write briefly about 'Programme for Assertive Community Treatment'
17. Rehabilitation and Schizophrenia.
18. Catatonic schizophrenia
19. Paranoid schizophrenia
20. Behaviour modification
21. Token economy
22. Thought stopping
23. Waxy flexibility
24. Formal thought disorder
25. Catatonic stupor
26. Defence Mechanism