

**THE STUDENT WELLNESS CENTRE
IIT BOMBAY**

Marks: 50

Time: 1 hour

Date: 10-07-2025

- Answer **all questions** from Part I, Part II, and Part III in the answer book.
- For the multiple choice questions there is a single correct choice which you should write down in the answer book with the question number.
- The intended marks for questions or parts of questions are given in brackets [].
- This paper consists of 4 **sides**.

PART I (10 x 2 Marks = 20 Marks)

Choose the correct answer from the options below

1. As a practising psychologist, you believe that behaviour is chosen through volition and motivated by the natural capacity to strive to reach one's full potential. Your worldview aligns with the [2]
 - a. social-contextual perspective
 - b. cognitive-behavioural perspective
 - c. humanistic perspective
 - d. evolutionary perspective
2. A young adult presents with intense mood swings, unstable relationships, impulsive behaviours, and a chronic sense of emptiness. They are most likely to have a diagnosis of [2]
 - a. Borderline Personality Disorder
 - b. Social Phobia
 - c. Bipolar I Disorder
 - d. Anti-Social Personality Disorder
3. A technique most commonly associated with REBT is [2]
 - a. Empty- Chair Technique
 - b. Cognitive Disputation
 - c. Mindfulness Meditation
 - d. Hypnosis
4. When provided a long list of items to remember, the pattern of recall where someone remembers the first items but forgets the middle and last ones is [2]
 - a. Primacy Effect
 - b. Halo effect
 - c. Chunking
 - d. Semantic Encoding

5. Paraphrasing is an important aspect of [2]
a. Nonverbal communication
b. Active listening
c. Assertiveness
d. Confrontation
6. A person who learns to use assertive behaviour in the counselling session then applies this in the family setting and also at work. The underlying behavioural technique here is [2]
a. Extinction
b. Aversive Conditioning
c. Classical Conditioning
d. Generalization
7. A patient with a left-sided removal of the hippocampus is most likely to have impaired [2]
a. Long-term verbal memory
b. Long-term visuo-spatial memory
c. Short-term verbal memory
d. Short-term visuo-spatial memory
8. Of the following, a common psychological response to trauma is [2]
a. Euphoric Mood Swings
b. Emotional Numbing
c. Increased social engagement
d. Improved focus and concentration
9. The neurotransmitter most commonly associated with depression is [2]
a. Serotonin
b. Dopamine
c. Acetylcholine
d. GABA
10. A protective factor against substance addiction in college students is [2]
a. Peer pressure
b. High academic demands
c. Strong social support system
d. Social isolation

Part II (6 x 3 marks = 18 marks)
Choose the correct answer from the options below

1. The test that would best assess personality structure in a non-clinical setting would be [3]
 - a. WAIS IV
 - b. Rorschach Inkblot Test
 - c. NEO-PI-3
 - d. BDI-III
2. A 20-year-old college student reports feeling “on edge” and difficulties with sleep and concentrating on his studies. He also presented to the counsellor as very restless and fidgety. He is functioning but distressed. This has been going on for over 6 months. He is most likely to be diagnosed with [3]
 - a. Panic Disorder
 - b. Social Anxiety Disorder
 - c. Acute Stress Disorder
 - d. Generalized Anxiety Disorder
3. An MMPI-2 profile with elevations on Scale 2 (Depression), Scale 7 (Psychasthenia), and Scale 0 (Social Introversion), suggests a personality style characterized by [3]
 - a. Hypomanic traits and extroversion
 - b. Chronic depression, anxiety, and social withdrawal
 - c. Antisocial behaviours and externalizing behaviours
 - d. Paranoid tendencies and poor reality testing
4. In trauma-focused therapy, the technique that is commonly considered as an evidence-based technique for processing traumatic memories is [3]
 - a. Eye movement desensitization and reprocessing
 - b. Dream interpretation
 - c. Assertiveness training
 - d. Mindfulness practices
5. In counselling, the ethical principle of autonomy means that [3]
 - a. The counsellor makes the decisions for the client
 - b. The client has the right to make their own informed choices
 - c. The counsellor sets firm boundaries in therapy
 - d. The client and counsellor must share the same values
6. A technique common to both CBT and REBT is [3]
 - a. Free Association
 - b. Thought record/log
 - c. Miracle question
 - d. Dream interpretation

PART III (4 x 3 marks = 12 marks)

Answer in one-two sentences

1. A counsellor realizes that they are becoming very emotionally attached to a client as they remind them of their younger sibling. What is this situation called and what is the ethical course of action? [3]
2. A client says they want to drop out of college due to stress. They have a strong academic performance and very supportive family and friends. As per solution-focused brief therapy, how would you approach this client? [3]
3. A client repeatedly washes their hands for an hour each time, fearing contamination, despite knowing it's impairing their day-to-day life. However, they just can't seem to stop doing this. What is the likely disorder and what would be an evidence-based intervention for this? [3]
4. During a session, a client shares that they don't see any point in living any more. What is the counsellor's responsibility in this situation? [3]

**THE STUDENT WELLNESS CENTRE
IIT BOMBAY**

Marks: 50

Time: 1 hour

Date: 10-07-2025

- Answer **all questions** from Part I, Part II, and Part III in the answer book.
- For the multiple choice questions there is a single correct choice which you should write down in the answer book with the question number.
- The intended marks for questions or parts of questions are given in brackets [].
- This paper consists of 4 sides.

PART I (10 x 2 Marks = 20 Marks)

Choose the correct answer from the options below

1. As a practising psychologist, you believe that behaviour is chosen through volition and motivated by the natural capacity to strive to reach one's full potential. Your worldview aligns with the [2]
a. social-contextual perspective
b. cognitive-behavioural perspective
c. humanistic perspective
d. evolutionary perspective
2. A young adult presents with intense mood swings, unstable relationships, impulsive behaviours, and a chronic sense of emptiness. They are most likely to have a diagnosis of [2]
a. Borderline Personality Disorder
b. Social Phobia
c. Bipolar I Disorder
d. Anti-Social Personality Disorder
3. A technique most commonly associated with REBT is [2]
a. Empty- Chair Technique
b. Cognitive Disputation
c. Mindfulness meditation
d. Hypnosis
4. When provided a long list of items to remember, the pattern of recall where someone remembers the first items but forgets the middle and last ones is [2]
a. Primacy Effect
b. Halo effect
c. Chunking
d. Semantic Encoding

5. Paraphrasing is an important aspect of [2]
a. Nonverbal communication
b. Active listening
c. Assertiveness
d. Confrontation
6. A person who learns to use assertive behaviour in the counselling session then applies this in the family setting and also at work. The underlying behavioural technique here is [2]
a. Extinction
b. Aversive Conditioning
c. Classical Conditioning
d. Generalization
7. A patient with a left-sided removal of the hippocampus is most likely to have impaired [2]
a. Long-term verbal memory
b. Long-term visuo-spatial memory
c. Short-term verbal memory
d. Short-term visuo-spatial memory
8. Of the following, a common psychological response to trauma is [2]
a. Euphoric Mood Swings
b. Emotional Numbing
c. Increased social engagement
d. Improved focus and concentration
9. The neurotransmitter most commonly associated with depression is [2]
a. Serotonin
b. Dopamine
c. Acetylcholine
d. GABA
10. A protective factor against substance addiction in college students is [2]
a. Peer pressure
b. High academic demands
c. Strong social support system
d. Social isolation

Part II (6 x 3 marks = 18 marks)
Choose the correct answer from the options below

1. The test that would best assess personality structure in a non-clinical setting would be [3]
 - a. WAIS IV
 - b. Rorschach Inkblot Test
 - c. NEO-PI-3**
 - d. BDI-III

2. A 20-year-old college student reports feeling “on edge” and difficulties with sleep and concentrating on his studies. He also presented to the counsellor as very restless and fidgety. He is functioning but distressed. This has been going on for over 6 months. He is most likely to be diagnosed with [3]
 - a. Panic Disorder
 - b. Social Anxiety Disorder
 - c. Acute Stress Disorder
 - d. Generalized Anxiety Disorder**

3. An MMPI-2 profile with elevations on Scale 2 (Depression), Scale 7 (Psychasthenia), and Scale 0 (Social Introversion), suggests a personality style characterized by [3]
 - a. Hypomanic traits and extroversion
 - b. Chronic depression, anxiety, and social withdrawal**
 - c. Antisocial behaviours and externalizing behaviours
 - d. Paranoid tendencies and poor reality testing

4. In trauma-focused therapy, the technique that is commonly considered as an evidence-based technique for processing traumatic memories is [3]
 - a. Eye movement desensitization and reprocessing**
 - b. Dream interpretation
 - c. Assertiveness training
 - d. Mindfulness practices

5. In counselling, the ethical principle of autonomy means that [3]
 - a. The counsellor makes the decisions for the client
 - b. The client has the right to make their own informed choices**
 - c. The counsellor sets firm boundaries in therapy
 - d. The client and counsellor must share the same values

6. A technique common to both CBT and REBT is [3]
 - a. Free Association
 - b. Thought record/log**
 - c. Miracle question
 - d. Dream interpretation

PART III (4 x 3 marks = 12 marks)

Answer in one-two sentences

1. A counsellor realizes that they are becoming very emotionally attached to a client as they remind them of their younger sibling. What is this situation called and what is the ethical course of action? [3]
•
2. A client says they want to drop out of college due to stress. They have a strong academic performance and very supportive family and friends. As per solution-focused brief therapy, how would you approach this client? [3]
3. A client repeatedly washes their hands for an hour each time, fearing contamination, despite knowing it's impairing their day-to-day life. However, they just can't seem to stop doing this. What is the likely disorder and what would be an evidence-based intervention for this? [3]
•
4. During a session, a client shares that they don't see any point in living any more. What is the counsellor's responsibility in this situation? [3]
