



SECTION A

PART I: Multiple Choice Questions [30 marks]

Choose the correct answer and write down the letter of your chosen answer in the Answer Booklet against the question number e.g. 31 (d). Each question carries ONE mark. Any double writing, smudgy answers or writing more than one choice shall not be evaluated.

1. Which statement is **TRUE** regarding school refusal in children?
  - a) Is associated with strict discipline at home
  - b) The child is usually hyperkinetic
  - c) Often reflects the family's view that schooling is unimportant
  - d) The parents are often emotionally over involved with the child.
  
2. Treatment options for borderline personality disorder have vastly improved over last three decades with the development of evidence-based psychotherapies. Which therapy is the first of these modern treatments to bring new hope?
  - a) CBT
  - b) MI
  - c) DBT
  - d) EMDR
  
3. The most common theme in Obsessive Compulsive Disorder (OCD) with which patients present is?
  - a) Contamination
  - b) Pathological doubt
  - c) Intrusive thoughts
  - d) Symmetry
  
4. The **BEST** predictor of suicide which should be asked routinely to patient with suicidal ideation is?
  - a) Alcohol history
  - b) Past attempts
  - c) Family history of suicide
  - d) Family history of depression
  
5. A 35-year-old lady has been having excessive and uncontrollable worry about her family. Furthermore, she reported of getting worried about her work and about most of the events in her life. She frequently worries about earthquakes and floods. She has been feeling edgy and reports that her mind going blank at times. What is the best probable diagnosis that fits her diagnosis is?
  - a) Post-traumatic stress disorder
  - b) Generalized anxiety disorder
  - c) Social anxiety disorder
  - d) Obsessive compulsive disorder

6. Which one of the following is **NOT** the core therapeutic process of ACT (Acceptance and Commitment Therapy)?
  - a) Contacting the present moment
  - b) Self as context
  - c) Psychological flexibility
  - d) Values
  
7. Which of the following is an example of cluster A personality disorders?
  - a) Borderline personality disorder
  - b) Antisocial personality disorder
  - c) Paranoid personality disorder
  - d) Dependent personality disorder
  
8. Recurrent and intense sexual arousal from touching or rubbing against a nonconsenting person is
  - a) Voyeuristic disorder
  - b) Frotteuristic disorder
  - c) Sadism disorder
  - d) Pedophilic disorder
  
9. Which of the following psychological tool is used to assess a IQ of a person?
  - a) WIS
  - b) ADOS
  - c) PANSS
  - d) M-chart
  
10. Who is considered as the father of psychoanalysis?
  - a) Anna
  - b) Winnicot
  - c) Freud
  - d) Erickson
  
11. When the therapist projects their own unresolved conflicts onto the client is called
  - a) Transference
  - b) Projection
  - c) Countertransference
  - d) Identification
  
12. You were asked to see a 20-year-old girl for counselling. During the assessment you find out that the girl has active suicidal thought and has multiple past suicidal attempts. She is also requesting you not to tell anyone about her suicidal plan and past attempts. What would be your response?
  - a) Agree with maintaining confidentiality
  - b) Inform the police
  - c) Seek immediate Supervision
  - d) Tell her to come back after one week

13. You get a 12-year-old male child, referred from school saying that the child is always on the go and has difficulty sitting in one place. What would be the most likely diagnosis?
- Attention deficit hyperactive disorder
  - Intellectual disability
  - Learning disability
  - Attention deficit/hyperactivity disorder
14. How often would you follow up on a client who had been recently discharged from the hospital after a lethal suicide attempt?
- Once a month initially
  - Once weekly initially
  - Daily for a month
  - Every two weeks initially
15. Which of the following psychotherapy type suits for patients with Depression?
- Individual therapy
  - Family therapy
  - Group therapy
  - All of the above.
16. Carl Rogers developed an approach known as;
- Cognitive therapy
  - behavioral therapy
  - Humanistic therapy
  - cognitive behavioral therapy
17. Adaptive information processing is a model used in:
- DBT
  - Motivational interviewing
  - IPT
  - EMDR
18. Which of the following is the right match?
- DBT - Aron Beck
  - CBT- Marsha Linehan
  - EMDR- Francine Shapiro
  - IPT- Francine Shapiro
19. "I am not good enough" fits in which of the following theme?
- Responsibility: Defectiveness/action
  - Safety/vulnerability
  - Control/choice
  - Connection and belonging
20. Following are all components of Basic counselling skills used in Motivational interviewing (OARS) **EXCEPT**
- Reflective listening
  - Asking open ended questions
  - Affirming
  - Rolling with resistance.

21. Brief intervention for clients with substance use disorders is a
- therapy with low intensity, short duration counselling.
  - therapy that does not incorporate the stages of change.
  - therapy that can only be used by the SUD professionals.
  - therapy that uses Basic counselling skills.
22. Following are all signs and symptoms of Depression in “Teens” **EXCEPT**
- Grades dropping
  - Change in eating and sleeping habits.
  - Trouble sitting still
  - Goal directed hyperactivity
23. In obsessive compulsive disorder, obsession means:
- Repetitive and persistent thoughts, images and urges
  - Repetitive and persistent thoughts
  - Repetitive and persistent images
  - Repetitive and persistent urges
24. A group counsellor discusses confidentiality before starting a group because it
- is a way to explore group dynamics.
  - is an ethical standard.
  - improves cohesion.
  - promotes communication.
25. According to DSM 5, a substance use disorder involves patterns of symptoms caused by using a substance that an individual continues taking despite its negative effects. Following are all criteria for SUD, Except?
- trying to cut down or stop using the substance but being unable to
  - needing more of the substance to get the desired effect
  - spending more time getting and using drugs and recovering from substance use
  - not using substance in risky settings that puts them in danger
26. A good group counsellor will spend more time on
- content.
  - control.
  - role Play.
  - process.
27. In your practice you get a child referred from a school with some mild psychopathology. In your assessment you discover that the child come from an unsafe home environment. According to child care and protection Act
- you should inform the police and the child welfare office immediately.
  - once the case is being recorded and taken into care of the police under this act shall be transferred to the child welfare officer within 12 hours after being taken into the care of the police excluding the time necessary for the journey from the place.
  - once the case is being recorded and taken into care of the police under this act shall be transferred to the child welfare officer within 24 hours after being taken into the care of the police excluding the time necessary for the journey from the place
  - whenever the information has been given to the police, then police decides what to do next.

28. Following are all criminogenic factors in a child with delinquent behavior **EXCEPT**
- Delinquent sibling
  - Young mother
  - Low daring
  - Depressed mother
29. Following are all characteristics of family system, **EXCEPT**
- Boundaries
  - Rules
  - Triangulation
  - Subsystem
30. Which of the following is an example of moral development?
- don't want to make somebody else feel bad
  - don't want to get into trouble
  - don't want to feel guilty
  - all of the above

**PART II – Short Answer Questions [20 marks]**

**This part has 3 Questions. Answer ALL the questions. Mark for each question is indicated in the brackets.**

- Briefly explain the behavioral factors in genesis of phobias? **(5 marks)**
- Outline the non-pharmacological management of Obsessive Compulsive Disorder. **(7.5 marks)**
- Enumerate clinical features of generalized anxiety disorder. **(7.5 marks)**

**SECTION B: Case Study [50 marks]**

**Section B consists of four questions. All the questions are compulsory. The marks for each sub questions are indicated in the bracket.**

**Question 1**

A 14-year-old class ten student was referred from her school to the hospital for assessment. History revealed that she had low mood, reduced attention and concentration and sleep disturbances. She gets flash backs about incidents which occurred when she was 12 years old. She was raped by her father's friends on several occasions. She reported that she gets repeated intrusive thoughts about the incident. She has also become over sensitive to noises and got startled easily. She has been withdrawing from her family and friends, especially her male friends. And she has been in a constant worry if the incidents might be repeated again.

- What is the most probable diagnosis with the available information? **(2 mark)**
- What information in the history supports your diagnosis mentioned in question (a)? **(2 mark)**

- c) Outline the management of this case. **(5 marks)**
- d) Which psychotherapy would you recommend for this case? Why? **(3 marks)**
- e) Describe briefly about the psychotherapy you mentioned in question d **(3 marks)**

### **Question 2**

37-year-old male patient was brought by his family requesting for alcohol detox. Upon assessing the patient, you found out that he was quite ambivalent about quitting his drinking habit. Although he wanted to quit alcohol, he felt that his will power alone is more than enough. He admits that alcohol is a problem in his life. However, he feels that he can quit it by himself in the near future.

- a) DiClemente and Prochaska proposed model of stages of change in substance use disorder. List the stages of change. **(2 marks)**
- b) In which stage of change is this patient on? Write 2 characteristics of this stage. **(4 marks)**
- c) What are the principles of motivational interview? **(4 marks)**
- d) Using the principles of motivational interview, how would you manage this case? **(5 marks)**

### **Question 3**

20-year-old female was referred for assessment from the emergency after medical stabilization. The patient had ingested unknown number of Paracetamol tablets after she was scolded by her mother for coming home late from school. The assessment findings revealed that she has had multiple self-harm incidences such as overdosing with medications and slashing her forearm. She has been on multiple romantic relationships and the longest relationship duration was 4 months. She reported difficulty in controlling her anger and often becomes angry quickly. She also noticed that there has been change in her mood, she becomes sad momentarily over small matters which resolves upon distraction. She also reports of acting without thinking about the consequences of her acts.

- a) What is the most probable diagnosis of this patient with the available information? **(3 marks)**
- b) Mention 2 common psychiatric comorbidities that patients with the diagnosis you mentioned in question a) can have. **(4 marks)**
- c) What is the evidence-based psychotherapy of choice for this patient? **(3 marks)**
- d) What are the components of the therapy you mentioned in question 3? **(5 marks)**

### **Question 4**

Define the following terms. **(1X5=5 marks)**

- a) Transference
- b) Rapport
- c) Displacement
- d) Attachment
- e) Delusion

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