

Date : October 11, 2025
Total Marks : 100
Writing Time : 150 minutes (2.5 hours)
Reading Time : 15 Minutes (prior to examination time)

1. Write your Registration Number clearly and correctly on the Answer Booklet.
2. The first 15 minutes is being provided to check the number of pages of the Question Paper, printing errors, clarify doubts and to read the instructions. You are NOT permitted to write during this time.
3. This paper consists of **TWO SECTIONS**, namely SECTION A & SECTION B:
 - **SECTION A** has two parts:

Part I - 30 Multiple Choice Questions

Part II - 3 Short Answer Questions

4. All answers should be written on the Answer Booklet provided to you. Candidates are not allowed to write anything on the question paper. If required, ask for additional Answer Booklet.
5. All answers should be written with correct numbering of Section, Part and Question Number in the Answer Booklet provided to you. Note that any answer written without indicating the correct Section, Part and Question Number will NOT be evaluated and no marks will be awarded.
6. Begin each Section and Part on a fresh page of the Answer Booklet.
7. You are not permitted to tear off any sheet(s) of the Answer Booklet as well as the Question Paper.
8. Use of any other paper including paper for rough work is not permitted.
9. **You must hand over the Answer Booklet to the Invigilator before leaving the examination hall.**
10. This paper has **9 printed pages**, including this instruction page.

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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 (a). Each question carries ONE mark. Any double writing, smudgy answers or writing more than one choice shall not be evaluated.

1. A commercial sex worker receives an educational session regarding safe sexual practices from a health professional. She does not make any immediate change in her attitude or behavior but agrees with the importance of such safe practice. Which of the following phases of Prochaska's Transtheoretical Model of Change is she in?
 - a) Preparation
 - b) Precontemplation
 - c) Contemplation
 - d) Maintenance
2. All of the following are functions of ego **EXCEPT**
 - a) Accommodating the ego ideal
 - b) Control and regulation of instinctual drives
 - c) Rational judgement
 - d) Mediation between the internal world and external reality
3. According to Adler, a sense of inadequacy and weakness that is universal and inborn is called?
 - a) Organ inferiority
 - b) Birth order theory
 - c) Inferiority complex
 - d) Masculine protest
4. Which of the following best describes the learning theory behind the efficacy of supervised disulfiram treatment?
 - a) Aversion theory
 - b) Negative reinforcement
 - c) Punishment theory
 - d) Deterrence theory
5. Pema is late for his supervision meeting with his supervisor. After waiting for half an hour at the bus stop, he realizes that all buses in this route have been cancelled due to sudden traffic congestion. He swears and kicks a can of Coke lying on the ground in anger. Which of the following would best explain this behavior?
 - a) Pema is angry with the litter on the ground
 - b) Pema is less polite when he is waiting for buses
 - c) Waiting for buses lead to an increase in blood pressure
 - d) Frustration is associated with arousal

6. According to Maslow's Hierarchy of Needs Theory, at the times of natural disasters which of the following will be the most appropriate intervention?
 - a) Provision of food and shelter
 - b) CBT to enhance self-esteem
 - c) Group therapy to enhance love and belongingness
 - d) Behavioral therapy to enhance safety behavior
7. Choose the best explanation for the term **spirituality**:
 - a) Habitual practice of any religious activity
 - b) Submission to existence of supreme powers, for example God
 - c) Deeply held beliefs about the meaning of life
 - d) Religious orientation without discrimination
8. Sick role includes all of the following **EXCEPT**
 - a) Taking blame and responsibility for the illness
 - b) Excuse from social responsibility
 - c) Expectation to seek help
 - d) Attempts to restore previous state of health
9. Which one of the following is **NOT** a component of **high expressed emotions**?
 - a) Warmth
 - b) Over involvement
 - c) Critical comments
 - d) Enmeshment
10. Stigma associated with mental illness could potentially be reduced by all of the following interventions **EXCEPT**
 - a) Destigmatization campaigns
 - b) Increasing community living of severely mentally ill people
 - c) Educating the public about mental illness
 - d) Improving broadcasting standards
11. A child in school fails test after test. No matter how hard he studies, he fails. Over time he views himself as destined to fail and stops trying. Which one of the following theories best applies to this child's situation?
 - a) The epigenetic principle
 - b) Cognition theory
 - c) Learned helplessness
 - d) Sensory deprivation
12. Which of the following is **not a goal of family therapy**?
 - a) Improving communication
 - b) Improving agreement on roles of each member
 - c) Improving cognitive style
 - d) Decreasing distress in the member considered to be the patient

13. Which of the following approaches have shown to be the **most effective in bulimia nervosa**?
- a) Cognitive Behavioral Therapy
 - b) Interpersonal psychotherapy (IPT)
 - c) Psychodynamic psychotherapy
 - d) Family therapy
14. Parent management training (used to help parents manage their child's behavioral problems) is based on the principles of?
- a) Psychoanalysis
 - b) Learning theory
 - c) Systems theory of family therapy
 - d) Object relations theory
15. Which of the following is the **first step in systematic desensitization**?
- a) Constructing a hierarchy
 - b) Relaxation training
 - c) Exposure in vivo
 - d) Exposure in vitro
16. Habit reversal components include all the following **EXCEPT**:
- a) Training to be aware of onset
 - b) Training in thought stopping
 - c) Training in initiating competing response
 - d) Relaxation
17. Token economy programs are based on which of the following psychological principle?
- a) Classical conditioning
 - b) Operant conditioning
 - c) Vicarious learning
 - d) Aversive conditioning
18. A counselor at an early stage of his initial assessment interview asks the patient, 'Can you tell me about your depression?' Which of the following interview techniques is he utilizing?
- a) Closed-ended questions
 - b) Reflecting
 - c) Open-ended questions
 - d) Facilitation
19. Which of the following is the **single best question to discern premorbid personality** of a patient?
- a) How would you describe yourself?
 - b) How would your friends describe you?
 - c) If we had met 10 years ago, what sort of person would I be talking to?
 - d) None of the above

20. A patient looks disheveled, with unkempt hair and dirty, unwashed clothes. **Self-neglect** is commonly noted in all of the following **EXCEPT**
- a) Alcoholism
 - b) Social phobia
 - c) Depression
 - d) Dementia
21. During a clinical interview the following statement is made by the clinician: 'So you have been anxious since these changes occurred at your work place.' Which of the following interview technique **best describes** the above statement?
- a) Reflecting
 - b) Facilitation
 - c) Closed-ended question
 - d) Interpretation
22. Which one of the following is **NOT** an advisable **first response** when a patient **discloses past sexual abuse** at a clinical encounter?
- a) Ask if she wants to say anything more about this now
 - b) Postpone discussing the issue
 - c) Ask if she has ever disclosed this to anyone
 - d) Ask if she sees a link between this and her current difficulties
23. A counselor has been having sexual fantasies about one of his psychotherapy patients. He tells you this and gives you several reasons the prohibition of sex with patients does not apply to this situation. Which of the following would be the **most ethical advice** you could give him?
- a) He should continue to discuss the situation with colleagues to better define his sexual boundaries
 - b) He should see the patient more frequently to use the strong feelings between them as a motivational tool for positive change in therapy
 - c) He should transfer the patient's care to another counselor
 - d) He should stock his desk with condoms so that if they have sex in his office, she does not become pregnant
24. Infantile secure attachment is associated with which of the following outcomes?
- a) Higher intellectual ability in adolescence and adulthood
 - b) Educational success throughout childhood and adolescence
 - c) Physical coordination and later athletic ability
 - d) Emotional and social competence
25. The acronym 'FRAMES' in brief intervention for alcohol dependence stands for all **EXCEPT**:
- a) Feedback
 - b) Roll with resistance
 - c) Advice
 - d) Empathic interviewing

26. Which of the following interventions has the **most robust evidence for preventing suicide**?
- a) Restricting access to lethal methods
 - b) Media reporting guidelines for suicide
 - c) Public education campaigns about suicide
 - d) Screening interventions within high schools
27. Which one of the following structures is **most critical** to the formation of memory?
- a) Right frontal lobe
 - b) Right parietal lobe
 - c) Thalamus
 - d) Hippocampus
28. Which of the following is **not associated** with attention-deficit hyperactivity disorder (ADHD)?
- a) Reduced school performance.
 - b) Poorer occupational performance and attendance.
 - c) Higher probability of unemployment.
 - d) Reduced risk of substance use disorders
29. All of the following are core pillars of the PEMA Secretariat **EXCEPT**:
- a) Prevention and Engagement Programs
 - b) Response Services
 - c) Digital Innovation and Export Promotion
 - d) Reintegration and Aftercare Programs
30. Closed questions are **best avoided** in which of the following scenarios?
- a) A patient with suspected malingering
 - b) A guarded patient not answering spontaneously
 - c) A suggestible patient with learning difficulty
 - d) A psychotic patient who is actively hallucinating

Part II: Short Answer Questions. ANSWER ALL THE QUESTIONS (20 marks)

1. Answer the following questions.
 - i. Discuss three ways to enhance therapeutic relationship. **(3marks)**
 - ii. List 4 risks you need to routinely assess for a psychiatric patient? **(0.5X4=2marks)**
2. Outline the general principles of administering a psychotherapy. **(5marks)**
3. Identify the most probable psychological processes in the following statements, and describe how you would respond to each question posed by patients during psychiatric assessment or therapy sessions. **(5X2=10 marks)**
 - 3.1. “Are you really a counselor? What are your qualifications?”
 - 3.2. “Are you married? How many children do you have?”
 - 3.3. “You appear really attractive, how about meeting towards the evening for a coffee?”
 - 3.4. “I don’t think this is going to help. Nothing ever works for me.”
 - 3.5. “You are so polite as a counselor. You remind me of my grandfather.”

SECTION B

ANSWER ALL THE FIVE QUESTIONS (10X5=50 marks)

QUESTION 1

A 10-year-old boy is referred from school to you with poor scholastic performance. You suspect child abuse in this case.

- i. Define child abuse. **(2 marks)**
- ii. List 4 common types of child abuse? **(2 marks)**
- iii. List 4 clinical features that would suggest child abuse in this case? **(2 marks)**
- iv. Discuss how you would manage this case. **(4 marks)**

QUESTION 2

2.1. As a clinical counselor working in district, you have planned to screen people in your community. List the most appropriate screening tools to screen: **(1X5=5marks)**

- i. Depression
- ii. Anxiety disorder
- iii. Postpartum depression
- iv. Autism
- v. Attention Deficit Hyperactivity Disorder

2.2. Design a psychoeducation session plan for general public on anxiety that clearly explains the differences between normal anxiety and anxiety disorder. Include objectives, key messages, and teaching methods. **(5 marks)**

QUESTION 3

A 28-year-old man presents to you two weeks after the sudden death of his younger brother. During the interview, he expresses intense irritability and anger, blaming the hospital staff for not doing enough to save his brother. He frequently lashes out at family members and co-workers, saying, “No one understands what I’m going through.”

- 3.1. Identify the psychological stage of grief this patient is experiencing. **(1 mark)**
- 3.2. Describe the key features of this stage of grief. **(2 marks)**
- 3.3. How would you therapeutically approach and manage a person in this stage of grief? **(4 marks)**
- 3.4. Explain transference and countertransference with the help of an example each. **(3 marks)**

QUESTION 4

You are part of a multidisciplinary team conducting a screening program for non-communicable diseases.

Patient A is a chronic tobacco user who wishes to quit but has had several unsuccessful attempts.

Patient B is a chronic tobacco user who is not willing to quit at this time.

Using the 5As and 5Rs tobacco cessation intervention models, answer the following:

4.1. Discuss the appropriate management plan for Patient A. **(5 marks)**

4.2. Discuss the appropriate management plan for Patient B. **(5 marks)**

QUESTION 5

A 35-year-old female has been admitted to the psychiatric ward with mania. She is a diagnosed case of bipolar disorder who had defaulted treatment for the past two weeks. After initial stabilization, she has improved, and you are now conducting a **psychoeducation session** with her and her family members.

5.1. Define psychoeducation. **(1 mark)**

5.2. Outline the steps involved in providing psychoeducation to this patient and her family members. **(4 marks)**

5.3. Discuss five key points you would convey to this patient and her family members during the session. **(2.5 marks)**

5.4. Discuss the role of counselors in the initial management of mania. **(2.5 marks)**

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