

A0134 SYBA CHOICE BASED SEM IV/A3970 ANSWER KEY

PSYCHOLOGY OF ADJUSTMENT APPLIED COMPONENT QP CODE 34600

DATE 24 APRIL 2018

2 PM TO 5 PM

TOTAL 100 MARKS

Q1: Attempt any 2 of the following

- a) Causes of stress 10 Marks
1. Life changes
 2. Daily hassles
 3. Catastrophic events
 4. Economic and Social Conditions
 5. Additional factors
- b) Concept of GAS-General Adaptation Syndrome 10 Marks
1. Alarm reaction
 2. Resistance
 3. Exhaustion
- Allostatic load
- Allostasis – achieving stability through changes via a process that maintains balance among the physiological factors essential for life, such as hormones and the immune systems.
- Allostatic load- cumulative changes that reflect the cost to the body of adapting repeatedly to demands placed on it.
- c) Reactions to stress are influenced by personality 10 Marks
1. Type A & Type B behavior patterns
 2. Persistence
 3. Psychological hardiness
 4. Resilience

Q2: Attempt any 2 of the following

- a) Mood Disorder- an emotional disturbance that is severe and persistent 10 Marks
1. Depressive Disorders which include major depression, SAD (seasonal affective disorder) and Dysthmic disorder
 2. Bipolar Disorder
- b) Anxiety disorders 10 Marks
1. Generalized anxiety disorder
 2. Panic Disorder
 3. Phobias
 4. OCD
 5. PTSD
- c) Personality Disorders – personality traits which are inflexible and maladaptive causing the individual social and occupational difficulties.

Narcissistic personality disorder- undue sense of self-importance accompanied by an underlying sense of inferiority.

Antisocial PD –characterized by long standing habits of maladaptive thought and behavior that violates the rights of others.

Borderline PD- impulsive behavior and unstable social relationships and an unstable self-image

10 Marks

Q3: Attempt any 2 of the following

- a) Biomedical therapy- therapeutic strategies that rely on direct physiological intervention to treat the symptoms of psychological disorders.

Psychotropic medication

ECT

Psychosurgery

10 Marks

- b) Person centered therapy- Carl Rogers

Non directive

Therapeutic change produced by the therapist’s genuineness, empathy and unconditional acceptance of the clients

10 Marks

- c) Insight oriented therapy- therapy that aims to bring change by increasing self-understanding

Psycho-analysis- free association

Transference

Psychodynamic therapy

10 Marks

Q4: Attempt any 2 of the following

- a) Physical and mental changes at the end of life

1. Body slows down
2. Appetite and thirst decrease
3. Weight loss
4. More sleep
5. Disorientation and delusions
6. Body temperature goes lower
7. Blood pressure drops
8. Irregular pulse
9. Poor blood circulation
10. Congestion and retelling cough
11. Breathing rapid and labored

10 Marks

- b) NDE- the distinctive state of recall associated with being brought back to life from the verge of death.

10 Marks

- c) “The right to die” – advanced directives

Living will

DNR

10 Marks

Q5: Attempt any 2 of the following

a) Aspects of college life that can be stressful

New social norms and customs

Different peer groups

Work overload

Change in lifestyle

Financial, academic and social pressures

Changing food and drinking habits

10 Marks

b) Questions to be considered before getting professional help

1. When to seek professional help

2. Where can it be found

3. What to look for in a therapist

4. What to expect from therapy

5. How long should one stay in therapy

10 Marks

c) The diathesis stress hypothesis of schizophrenia states that this disorder develops as the interaction of a genetic vulnerability and environmental stressors

10 Marks

d) Relationship between mortality salience and death anxiety

In heightened times of mortality salience (during which we are acutely aware that we can die) the fear of death, ie death anxiety also increases.

10 Marks