



# Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment II – October 2025

Semester V

Class: III UG  
Major: Psychology

Time: 2 hours  
Maximum Marks: 60

## 23BPSC09- FUNDAMENTALS OF CLINICAL PSYCHOLOGY I

### Course Outcomes:

At the end of the course, students will:

1. Developing a foundational knowledge of Clinical Psychology, its historical development (especially with reference to India), and professional ethics
2. Acquiring knowledge and skills for distinguishing normal and abnormal behaviour and learning the criteria of determining abnormality
3. Developing competencies for assessing the psychological functioning of individuals through techniques such as psychological assessment, observation, and interviewing
4. Developing familiarity with the current diagnostic systems (current edition of the Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases- Mental Disorder section)
5. Acquiring knowledge about Anxiety Disorders and Trauma & Stressor-related, Dissociative and Personality Disorders
6. Developing sensitivity towards individual and cultural diversity and understanding its implication in clinical work, especially within the Indian context
7. Understanding the essence of a reflective practitioner by engaging in reflective processes that make him or her aware of his or her strengths and vulnerabilities

### Part A

6 x 1 = 6

#### Choose the correct answer

1. A person who experiences sudden, intense episodes of fear accompanied by physical symptoms like a racing heart, sweating and shortness of breath is most likely experiencing a CO3 K3
  - a. Phobic reaction
  - b. Panic attacks
  - c. Generalized anxiety
  - d. Obsessions
2. The defining characteristic of Generalized Anxiety Disorder (GAD) is CO3 K2
  - a. Recurrent, unexpected attacks
  - b. An intense fear of a specific object or situation
  - c. Excessive, uncontrollable worry about a wide range of topics
  - d. A persistent fear of social or performance situations
3. An example that explains the mental compulsion in Obsessive Compulsive disorder as covert behavior CO3 K3
  - a. Checking that the stove is off multiple times
  - b. Silently repeating a specific phrase to neutralize a bad thought
  - c. Washing hands in a ritualistic way
  - d. Arranging books perfectly on a shelf
4. The primary feature of Dissociative Identity Disorder is CO4 K4
  - a. The person of two or more distinct personality states or alters
  - b. A persistent and irrational fear of social situations
  - c. A long standing pattern of disregard for the right of others
  - d. An inability to recall important personal information that is too extensive to be explained by ordinary forgetfulness
5. A person with a pervasive pattern of grandiosity, a need for admiration and a lack of empathy is most likely to be diagnosed with which personality disorder CO4 K2
  - a. Borderline personality disorder
  - b. Avoidant personality disorder
  - c. Schizoid personality disorder
  - d. Narcissistic Personality Disorder
6. Dissociative Identity Disorder was formerly known as CO4 K3
  - a. Schizophrenia
  - b. Multiple Personality Disorder
  - c. Depersonalization Disorder
  - d. Dissociative Amnesia

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Define the causal factors of anxiety disorders. CO3 K3  
(Or)
- 7.b. State the diagnostic criteria for Generalized Anxiety Disorder. CO3 K2
- 8.a. Give a short note on Agoraphobia. CO3 K3  
(Or)
- 8.b. Write a short note on clinical picture of Adjustment disorder. CO4 K4
- 9.a. Discuss on Dissociative Identity Disorder. CO4 K2  
(Or)
- 9.b. Compare and contrast the paranoid and schizoid personality disorder. CO4 K3

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 10.a. Elucidate on Social Anxiety Disorder with clinical picture, etiology and treatment. CO3 K3  
(Or)
- 10.b. Summarize the clinical pictures, prevalence, causal factors and treatment of panic Disorders. CO3 K2
- 11.a. Enumerate on Post Traumatic Stress Disorder. CO4 K3  
(Or)
- 11.b. Throw a light on cluster B- Personality disorders. CO4 K4
- 12.a. Ms. X is a 24-year-old graphic designer who is overwhelmed by a persistent, intrusive fear that she will accidentally harm someone while driving. To neutralize this anxiety, she feels an irresistible urge to drive back along her route multiple times, scanning the roadside for any sign of an accident. This checking behaviors can add hours to her daily commute, causing her to miss deadlines at work. She knows her fear is irrational, but the thought is so distressing that she feels powerless to stop the ritual which has led her to consider quitting her job entirely. Interpret the diagnosis and construct a treatment plan for the case. CO3 K2  
(Or)
- 12.b. Mr. K is a 30-year-old man who has a documented history of legal troubles including theft beginning in his early teens. He is superficially charming but consistently manipulates his colleagues, often conning them out of money which he never intends to repay. Rohan is impulsive and has been involved in several physical fights who was recently arrested for reckless driving. He drifts between jobs due to his unreliability and frequent lying. When confronted about his harmful actions, he displays a striking lack of remorse typically blaming his victims for being naïve. Identify the psychological disorder, justify your diagnosis and recommend an evidence based therapeutic approach. CO4 K3