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EXAMINATIONS  
Institute of Indigenous Medicine

21 DEC 2020

University of Colombo

**INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO**  
**DEGREE OF BACHELOR OF UNANI MEDICINE AND SURGERY**  
**LEVEL IV FIRST SEMESTER (SPECIAL SUP) EXAMINATION DECEMBER 2020**  
**MJ4104- PSYCHOLOGY AND COUNSELLING**

Date: 21.12.2020

Time: 9.45am - 11.15am

Index No

Answer all questions.

**Part I - Structured Questions**

1. Answer the following questions

1.1 Define the Stress (04 Marks)

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1.2 List reasons of Stress (04 Marks)

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1.3 Explain two of them (06 Marks)

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1.4 The factors determine the self - concept

(06Marks)

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2. Answer the following questions

2.1 Define the theory of behaviorism

(04Marks)

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2.2 List out the techniques of behaviorism

(06 Marks)

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2.3 Explain two of them

(06 Marks)

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2.4 Explain I AM OK – YOU ARE OK

(04 Marks)

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**Part II – Essay Questions**

- 1. Explain the following concepts
  - 1.1. Theory of Behaviorism
  - 1.2. Theory of Percent Centered
  - 1.3. Theory of Psycho Analytical

(08 Marks)  
(06 Marks)  
(06 Marks)

- 2. Explain the following concepts
  - 2.1 Theory of Personality
  - 2.2 Psycho –Sexual stages

(10 Marks)  
(10 Marks)

21.12.2020 \*\*\*\*\*