



**INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO  
DEGREE OF BACHELOR OF UNANI MEDICINE AND SURGERY  
LEVEL IV – FIRST SEMESTER EXAMINATION MAY - JUNE 2022  
MJ4104 PSYCHOLOGY AND COUNSELLING**

Date: 26.05.2022

Time: 1.45 p.m. - 3.15 p.m.

Answer all questions.

Index No

**Part I - Structured Questions**

1.

1.1 What is abnormal psychology? (03 Marks)

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1.2 What are the characteristics of an effective counselor? (04 Marks)

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1.3 What are the ethics? Write 5 ethical principles (06 Marks)

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1.4 What are the 5 types of anxiety disorders? (05 Marks)

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1.5 What are the symptoms of OCD ? (02 Marks)

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2.

2.1 What is the difference between paraphrasing and reflecting? (03 Marks)

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2.2 What are the purposes of empathy? (03 Marks)

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2.3 Briefly explain attending behaviors with suitable examples (04 Marks)

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2.4 Briefly describe each of the followings (10 Marks)

Negative symptoms

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Self esteem

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Dystemia

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Personality

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Attitude

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## Part II – Essay Questions

1. Explain all the symptoms and types of schizophrenia (20 Marks)
2. Answer the following questions (20 Marks)
  - 2.1 Define the Stress
  - 2.2 List of Stress management techniques
  - 2.3 Explain two of them

26.05.2022

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