

(Pages : 3)

V – 5561

Reg. No. :

Name :

Fourth Semester M.S.W. Degree Examination, June 2025

Disaster Management

**SWDM 542.1 : POST TRAUMATIC STRESS DISORDER (PTSD) AND
COGNITIVE BEHAVIOURAL THERAPY (CBT)**

(2020 Admission Onwards)

Time : 3 Hours

Max. Marks : 75

PART – A

Answer **all** questions in not more than **50** words. Each question carries **2** marks.

1. Symptoms of PTSD
2. Treatment of PTSD
3. Negative Automatic Thought
4. REBT
5. Negative self-schemas
6. Negative filter
7. Catastrophising
8. Cultural considerations in CBT
9. Homework in CBT
10. Successive approximation

(10 × 2 = 20 Marks)

P.T.O.



PART – B

Answer any **five** of the following in not more than **300** words. Each question carries **5** marks.

11. Discuss the concept of behavioural activation in CBT.
12. Use of relaxation techniques forms an important part of the CBT process. Comment.
13. Write a short essay on functional analysis in CBT.
14. Cultural sensitivity is important for the effective implementation of CBT. Analyse.
15. Discuss the cognitive model of anxiety.
16. What are the limitations of CBT?
17. How do you depict a case formulation for a person with symptoms of PTSD?
18. Elaborate the treatment modalities used in PTSD.

(5 × 5 = 25 Marks)

PART – C

Answer any **three** of the following in not more than **850** words. Each question carries **10** marks.

19. Write an essay on PTSD.
20. Prepare a treatment plan for a person with PTSD.
21. Describe the principles and techniques of Cognitive-Behavioural Therapy (CBT) in the context of treating PTSD. How does CBT address the various symptoms of the disorder?
22. “Emily is a 40-year-old woman who experienced significant childhood trauma due to ongoing physical and emotional abuse from her parents. Despite her traumatic upbringing, Emily has managed to establish a successful career, maintain healthy relationships, and become an active member of her community. However, she often struggles with feelings of low self-worth, occasional mood swings, and difficulty trusting others.” Analyse the case using cognitive behaviour theory and develop a cognitive model of the case.



23. “Lisa is a 30-year-old woman who survived a car accident a year ago. Since the accident, she experiences intrusive thoughts and nightmares about the traumatic event. She also avoids driving and becomes extremely anxious when she needs to be in a car. Lisa’s trauma symptoms have impacted her ability to commute to work and participate in social activities.” Explore the utilization of cognitive restructuring techniques in facilitating Lisa’s trauma recovery.

(3 × 10 = 30 Marks)

