



National Open University of Nigeria
Plot 91 Cadastral Zone, Nnamdi Azikiwe Express Way
Jabi, Abuja
Faculty of Education⁵⁶⁷⁸
2021_2 Examinations

Programme: M.Ed Guidance and Counselling

Course Code: EGC812

Course Title: Behaviour Modification

Time Allowed: 2 Hours

Instruction: Answer Question 1 and any other two questions.

- 1a. When is someone's behaviour said to be Maladaptive? (5 marks)
- b Discuss exhaustively how scientific Sociologists explain maladaptive behaviour (15 marks)
- c With adequate examples, explain Deficit behaviours. How can they be modified? (10 marks)
- 2a. Give a comprehensive description of these methods of assessing personality and give two examples of each method
 - i Self Report Tests (4marks)
 - ii Projective tests (4 marks)
- b. Explain Aaron Becks' process of therapy (12 marks)
3. Write extensively on the following approaches of Psychotherapy. What are your own views on each approach?
 - i Humanistic Approach
 - ii Cognitive Approach
 - iii Behaviour Approach
 - iv Social Approach(20 marks)
- 4 Write short notes on the following forms of Behaviour Therapy, giving adequate examples
 - i Aversion Therapy
 - ii Operant Conditioning
 - iii Implosion and Flooding
 - iv. Token Economy(20 marks)