

23 APR 2025

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
2024/2025 – SEMESTER I —FINAL EXAMINATION



**BSC (HONS) IN PSYCHOLOGY**  
**PLU 5306 – CLINICAL PSYCHOLOGY- LEVEL 5**  
**FINAL EXAMINATION PAPER**  
**DURATION: 03 HOURS**

DATE: 29<sup>th</sup> of April 2025

TIME: 1.30 pm- 4.30 pm

**SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)**

Choose 04 out of the 06 questions given below and answer using the provided answer sheets

- 2.1 Psychological testing is the evaluation of psychological concepts. Neuropsychological testing is also one such investigation method.**
- a) List five (05) reasons for using neuropsychological testing (05 marks)
  - b) Briefly explain two (02) limitations of neuropsychological testing (05 marks)
  - c) Briefly describe how the above-mentioned limitations can be addressed. (05 marks)
- 2.2 Psychotherapy can be a powerful and life-changing experience for individuals in several ways. Moreover, psychotherapy is an evidence-based treatment approach, commonly prescribed for those struggling with mental health issues.**
- a) Explain four (04) features of psychotherapy (08 marks)
  - b) Explain two (02) advantages and two (02) disadvantages of providing psychotherapy in the health setting. (07 marks)
- 2.3 The humanistic approach, put forward by Carl Rogers, an American psychologist, holds that all individuals are inherently good.**
- a) Briefly describe Carl Rogers' triad of the "necessary and sufficient conditions." (06 Marks)
  - b) Describe the implementation of the key elements in person-centred therapy with an example of an adult with depression (09 Marks)

**2.4 The therapist's adherence to ethical and moral principles provides safeguards for the therapeutic process.**

- a) Define the term "confidentiality" and explain two (02) ways a therapist can protect the confidentiality of a client (07 marks)
- b) Read the scenario given below

A therapist has been treating Samanthi, a university student, for depression. At the commencement of therapy, the therapist had assured Samanthi of confidentiality of what is discussed during therapy. However, during therapy, she reveals to the therapist that she is fed up with her life and that she wants to end it. She even indicates to the therapist details regarding her plan, including when and how she would end her life.

Discuss whether the therapist should maintain or breach the confidentiality of what Samantha disclosed. (08 marks)

**2.5 Clinical psychologists need to be evidence-based practitioners who only employ practices supported by scientific evidence.**

- a) Explain two (02) areas in which clinical psychologists use the research process to inform their practices (05 Marks)
- b) Briefly explain how a quasi-experimental design can be used in clinical psychology to assess the effectiveness of the treatment (05 Marks)
- c) Explain two (02) ways through which evidence can be gathered in the field of clinical psychology (05 Marks)

**2.6 Continuous Professional Development (CPD) for clinical psychologists is crucial for maintaining and enhancing their skills and knowledge, adapting to changes in the field, and ensuring public confidence in the profession.**

- a) Briefly explain two (02) activities a clinical psychologist can engage in to foster personal and professional development and well-being in themselves (07 Marks)
- b) Discuss what graduates of psychology could do to further establish clinical psychology as a professionally recognised field in Sri Lanka. (08 Marks)

-----END OF QUESTION PAPER-----