DECEMBER 2024 **P/ID 28715/PCY3M**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. What are some risk factors for developing addiction?

2. What role does tolerance play in addiction?

3. What are the clinical characteristics of addiction?

4. How do you cope with stress or difficult emotions in your life?

5. What are some common signs of addiction that you observe in yourself or others?

6. How do you envision your life without the influence of addiction?

7. What are some signs that indicate a need for additional aftercare support?

8. What are some alternative therapies used in addiction treatment?

9. What are some common misconceptions about suicide?

10. How does trauma affect behaviour?

11. What is the concept of disability in counselling?

12. What are some common methods used in disability counselling?

PART B — ($5 \times 6 = 30$ marks)

Answer any FIVE questions in 250 words each.

13. Explain the concept of withdrawal symptoms.

14. How do opioids affect the brain and body?

15. What role do you believe family support plays in overcoming addiction?

16. What are some healthy coping mechanisms you can practice instead of turning to addictive substances or behaviours?

17. What strategies can be employed to prevent relapse?

18. What are the historical roots of trauma counselling?

19. What are some key components of a disability-inclusive counselling approach?

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. What are some effective treatment approaches for addiction?

21. What are some strategies you can implement to prevent relapse in your recovery journey?

22. What are some effective coping mechanisms for managing cravings?

23. What are the key components of crisis intervention models?

24. How does disability counselling address barriers to participation?

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