



SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF COUNSELLING PSYCHOLOGY

UNIT CODE: BCP 322, UNIT NAME: BEHAVIOUR MODIFICATION

September – December 2018/2019 End Semester Exam - Time: 2 Hours

Instructions: Answer Question ONE (Compulsory) and any other TWO questions.

SECTION A

QUESTION 1 COMPULSORY (30marks)

- a) Distinguish between the following terms
 - i) Overt and covert behaviors (3 marks)
 - ii) Behavioral assessment and behavior modification (3 marks)
 - iii) positive reinforcement and negative reinforcement (3 marks)
- b) With use of examples discuss the operant theory of behavior change (7 marks)
- c) Show ways in which you will measure behaviors (4 marks)
- d) Discuss the multiple baseline research design (6 marks)
- e) Show the strength of the approach discussed above in research for behavior modification (4 marks)

Section B answer any two questions from this section

QUESTION 2

- a) Discuss any two different types of assessment used for reviewing client behaviors (10 marks)

- b) Argue for the weaknesses of positive reinforcement in behavior change (5 marks)

QUESTION 3

- a) Examine the following concepts in behavior change

- (i) Shaping (2 marks)
- (ii) Fading (2 marks)
- (iii) Chaining (2 marks)
- (iv) Vivo exposure desensitization-exposure (2 marks)

- b) Show the significance of behavior change for clients in counseling (7marks)

QUESTION 4

- a) Discuss any myths to behavior modification (5 marks)
- b) Examine the ABC model of behavior observation (5 marks)
- c) Explain how you can use prompts for stimulus response (5 marks)

QUESTION 5

- a) Describe the main factors to consider in recording when doing observation for behaviors (6 marks)
- b) Show any ethical factors you will consider in conducting research in behavior modification (4 marks)
- c) Examine the factors to consider in proper use of positive reinforcement (5 marks)