

No. of Printed Pages : 2

**MCFTE-003**

**Master of Science in Counselling and Family  
Therapy / Post Graduate Diploma in Counselling  
and Family Therapy**

**Term-End Examination**

**June, 2012**

**MCFTE-003 : Substance Abuse Counselling and  
Therapy**

*Time : 2 hours*

*Maximum Marks : 50*

*Note : Answer three questions in all. Question No. 1 is  
compulsory.*

1. How will you prevent HIV among substance users ? 20

**OR**

Outline assessment and treatment of substance users

**OR**

Explain cognitive behavioural model of relapse process.

2. What are the family issues with regard to substance abuse ? Discuss. 15
3. Describe assessment and intervention in case of adolescent substance abuse. Give an example to support your answer. 15

4. Discuss consequences of substance use on family members. 15
  5. Explain the five R's approach for tobacco cessation. 15
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MCFTE-003

## Master of Science in Counselling and Family Therapy

Term-End Examination

December, 2012

### MCFTE-003 : Substance Abuse Counselling and Family Therapy

Time : 2 hours

Maximum Marks : 50

*Note : Answer three questions in all. Question No. 1 is compulsory.*

1. Write short notes on *any four* of the following : 5×4=20
  - (a) Principles of Relapse Prevention Therapy
  - (b) Tobacco dependence
  - (c) Multidimensional family therapy
  - (d) Safer sexual practices among IDUs
  - (e) Substance abuse among prisoners.
  - (f) Tips for successful assessment of substance abuse.
2. Explain assessment and treatment in the context of women who use substance. 15
3. Discuss the sexual risk behaviours among substance abusers. 15
4. Describe motivation enhancement therapy. 15
5. Outline any three approaches to family therapy which can be used in the context of substance use. 15

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MCFTE-003

## Master of Science in Counselling and Family Therapy

Term-End Examination

June, 2013

### MCFTE-003 : Substance Abuse Counselling and Family Therapy

Time : 2 hours

Maximum Marks : 50

**Note :** Answer *three* questions in all. Question No. 1 is *compulsory*.

1. Explain *any four* of the following in about 150 words each : 4x5=20
  - (a) The family disease model
  - (b) Injecting Drug Use (IDU)
  - (c) Opioid substitution therapies
  - (d) Defining psychosocial rehabilitation
  - (e) Goals of family therapy
  - (f) MPOWER
  - (g) Tobacco dependence
2. Discuss impact of drug abuse on mentally ill and prisoners. 15
3. Discuss how can HIV be prevented among persons with substance use. 15

4. Discuss common withdrawal symptoms on stopping tobacco use. What coping strategies can be used to reduce the symptoms ? 15
  5. Describe cognitive behavioural model of relapse. 15
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No. of Printed Pages : 2

MCFTE-003

## Master of Science in Counselling and Family Therapy

Term-End Examination

December, 2013

### MCFTE-003 : Substance Abuse Counselling and Family Therapy

Time : 2 hours

Maximum Marks : 50

*Note : Answer three questions in all. Question No. 1 is compulsory.*

1. Explain *any four* of the following in about 150 words each : 4x5=20
  - (a) Elected families
  - (b) Sexual risk behaviours
  - (c) Motivational interviewing
  - (d) Principles of RPT
  - (e) Network therapy
  - (f) Resistance to treatment
  
2. In the light of approaches to conduct family based interventions, discuss any one family therapy approach to deal with substance abuse. 15
  
3. Describe how would you carry out psychosocial rehabilitation. 15

4. Explain initiation and course of illness in women who have substance abuse. 15
  5. Why are person with drug use more vulnerable and at risk for HIV ? 15
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00445

MCFTE-003

**MASTER OF SCIENCE IN COUNSELLING  
AND FAMILY THERAPY**

**Term-End Examination**

**June, 2014**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING AND  
FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

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*Note : Answer three questions in all. Question no. 1 is compulsory.*

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I. Write short notes on *any four* of the following: 20 (4x5)

- (i) Salience of relapse prevention intervention
- (ii) Network therapy
- (iii) Tobacco dependence
- (iv) Key elements of motivation enhancement therapy
- (v) Role of counsellor/Family Therapist in facilitating psychosocial rehabilitation of substance user.
- (vi) Family therapy versus family involved therapy in the context of substance use

2. “Substance abuse is a family problem”. Analyse this statement from the perspective of the various models that have been proposed in this regard. 15
3. With the help of examples, explain the relationship between substance use and HIV/AIDS. 15
4. Discuss treatment approaches to substance dependence in women 15
5. In the context of substance use, describe the risk and protective factors with reference to adolescents 15

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MCFTE-003

## Master of Science in Counselling and Family Therapy

Term-End Examination

December, 2014

### MCFTE-003 : Substance Abuse Counselling and Family Therapy

Time : 2 hours

Maximum Marks : 50

**Note :** Answer *three* questions in all. Question No. 1 is compulsory.

1. Write short notes on **any four** of the following : 4x5=20
- (a) Key features of motivation enhancement therapy.
  - (b) Prevention intervention in the context of substance use.
  - (c) Self help approach to treatment of substance use disorders.
  - (d) Sexual risk behaviours among substance users.
  - (e) Counselling for tobacco cessation.
  - (f) Goals of family therapy with reference to substance use.
  - (g) Psychosocial rehabilitation.

2. With the help of examples, discuss family issues in substance use disorders from a biopsychosocial perspective. 15
3. Analyse the concept of harm reduction and the various strategies for preventing HIV among drug users. 15
4. Discuss the interacting factors that contribute to substance use among women. 15
5. Describe the intervention strategies and techniques that help in relapse prevention. 15

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**MCFTE-003**

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY**

**Term-End Examination**

**June, 2015**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

**Note :** Answer three questions in all. Question No. 1 is compulsory.

1. Explain **any four** of the following in about 150 words each : **4x5=20**
  - (a) Reasons for people to inject drugs
  - (b) NSPs
  - (c) Treatment of prisoners using drugs
  - (d) Stages of transtheoretical model of change
  - (e) Behavioural contracting
  - (f) Goals of Multi-dimensional family therapy (MDFT)
  - (g) Consequences of substance use
2. List the important areas for psychosocial assessment. Describe the scope of psychosocial rehabilitation with reference to substance use disorder. **15**
3. Describe the potential high risk situations that can lead to relapse of substance use in an individual. **15**

4. Discuss initiation of women to any substance and its course of illness. Draw relevant examples from the region you belong. 15
  5. Discuss and critically analyse issues related to substance abuse from a life-span approach. 15
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**MCFTE-003**

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY**

**Term-End Examination**

**December, 2015**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

*Note : Answer three questions in all. Question no. 1 is compulsory.*

1. Explain **any four** of the following in about 150 words each : **4x5=20**
  - (a) Barriers to treatment seeking among women substance users.
  - (b) OST
  - (c) Reasons for tobacco dependence.
  - (d) Comprehensive treatment approach.
  - (e) Limitations of family therapy approach for substance use.
  - (f) Behavioural marital therapy for substance users.
  - (g) Elements of psychosocial rehabilitation.
  
2. What are the different types of resistance that the counsellor can be expected to face while dealing with a patient of substance use ? Give examples for each. **15**

3. Discuss the 5 'A's and 5 'R's Approach to tobacco cessation. 15
4. With the help of examples, discuss family issues in substance abuse from a biopsychosocial perspective. 15
5. Discuss the high risk sexual behaviour among the substance users in India. 15



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No. of Printed Pages : 2

**MCFTE-003**

00250

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY**

**Term-End Examination**

**June, 2016**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

*Note : (i) Answer three questions in all.*

*(ii) Question no. 1 is compulsory.*

1. Write short notes on any four of the following :
  - (a) Any two family roles in the context of substance use. 4x5=20
  - (b) Common routes of drug use and their characteristics.
  - (c) Needle and syringe related drug abuse
  - (d) Change talk
  - (e) Elements of psychosocial rehabilitation
  - (f) Handling negative emotional states during recovery phase
2. Explain the 5 'A' s approach strategies for tobacco cessation. 15
3. How would you define the term psychosocial rehabilitation in the context of substance use treatment ? Explain psychosocial assessment for rehabilitation of substance use of individuals. 5+10=15

4. Explain the psychological issues impacting family members of substance users. Give examples to support your answer. 15
  5. Discuss the substance use among prisoners and its impact on their family. 15
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**MCFTE-003**

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY**

**Term-End Examination**

**December, 2016**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

*Note : (i) Answer three questions in all.*

*(ii) Question no. 1 is compulsory.*

- 
1. Write short notes on any four of the following : **4x5=20**
- (a) High risk sexual behaviour among substance users.
  - (b) Promotion of safer sexual practices among substance users.
  - (c) Barriers to help seeking amongst women.
  - (d) Network therapy
  - (e) Principles of RPT (Relapse Prevention Therapy.)
  - (f) Managing occupational rehabilitation intervention.
2. Explain the 5'R's approach for tobacco cessation. **15**  
Mention any three withdrawal symptoms of tobacco containing products.
3. Discuss any three approaches to family therapy **15**  
used for persons with substance use.

4. Discuss family issues in substance abuse from a life-span approach. 15
  5. With the help of examples, discuss the factors associated with substance abuse in women. 15
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MCFTE-003

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY**

**Term-End Examination**

**June, 2017**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

*Note : (i) Answer three questions in all.*

*(ii) Question no. 1 is compulsory.*

1. Write short notes on **any four** of the following in about **150** words each : **4x5=20**
  - (a) Management of craving.
  - (b) Means of promotion of safe sexual practices.
  - (c) Social skill training for adolescent drug abusers.
  - (d) Network therapy.
  - (e) Principles of RPT.
  - (f) Barriers to treatment seeking among substance users.
2. As a counsellor and family therapist describe the psychosocial rehabilitation that you would carry out with a 12<sup>th</sup> class student seeking help for substance uses. **15**
3. Describe any three family therapy approaches that you as a counsellor and family therapist would use with your client who is alcoholic. **15**

4. "Substance abuse is a family problem." Critically discuss this statement. Substantiate your answer with the help of examples. 15
  5. What is harm reduction ? Describe what strategies can be implemented to prevent HIV among substance users. 15
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No. of Printed Pages : 2

**MCFTE-003**

**00433 MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY**

**Term-End Examination**

**December, 2017**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

*Note : (i) Answer three questions in all.*

*(ii) Question no. 1 is compulsory.*

1. Explain any four of the following in about 150 words each : 4x5=20
  - (a) Family disease model in substance abuse
  - (b) NSPs
  - (c) Psycho education
  - (d) Self Help approach
  - (e) Brief strategic family therapy
  - (f) Managing craving
  
2. With the help of a case illustration, discuss how as a counsellor and family therapist you would help an individual who is trying to give up alcohol restore back to his healthy family relationships. 15
  
3. Describe the potential high risk situations that would lead to relapse of substance use. 15

4. Explain why the use of IDUs is considered as high risk rendering the individual vulnerable to harmful diseases. 15
  5. "Prevention is better than cure." Discuss this statement in light of adolescents' use of substances. Outline the risk and protective factors involved with adolescents in use of drugs. 15
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No. of Printed Pages : 2

**MCFTE-003**

00955

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY**

**Term-End Examination**

**June, 2018**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

- Note :**
- (i) *Answer three questions in all.*
  - (ii) *Question No. 1 is compulsory.*
- 

1. Write short notes on **any four** of the following : **5x4=20**
  - (a) Relapse prevention
  - (b) Treatment resistance
  - (c) Social Correctional Approach to treatment of substance use
  - (d) Tobacco dependence
  - (e) Stigma associated with substance use
  - (f) Prisoners and drug use
  
2. "Substance abuse is a family problem rather than an individual level problem". Do you agree with this statement ? Give reasons and examples to substantiate your answer. **15**
  
3. Discuss the influence of substance use in the vulnerability of the individual to engage in high risk sexual behaviours, and to HIV. **15**

4. Discuss the concept and strategies of “harm reduction” in the context of substance use. 15
5. (a) What is “Motivation Enhancement Therapy” (MET) ? 5
- (b) Discuss the principles of MET. 10
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No. of Printed Pages : 2

**MCFTE-003**

**MASTER OF SCIENCE IN COUNSELLING  
AND FAMILY THERAPY (MSCCFT)**

**Term-End Examination**

**December, 2018**

00622

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 hours*

*Maximum Marks : 50*

**Note :**

*Answer **three** questions in all.*

*Question no. 1 is **compulsory**.*

1. Write short notes on any **four** of the following : *4×5=20*

- (a) Substance use and sexual behaviour
- (b) Injecting drug use
- (c) Concept of harm reduction
- (d) Substance abuse in adolescents
- (e) Self-help approach to treatment of substance use
- (f) Family and social consequences of substance use

2. "Substance abuse may be viewed as a problem caused by an interaction of various biological, psychological, and social factors." Do you agree with this statement ? Give reasons and examples to substantiate your answer. 15
3. Discuss the advantages and limitations of family therapy in the context of substance use. 15
4. Explain the principles and major components of relapse prevention therapy. 15
5. (a) What is tobacco dependence ? 5  
(b) Describe the "5 R's" approach for helping tobacco dependent individuals. 10

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No. of Printed Pages : 3

**MCFTE-003**

**MASTER OF SCIENCE IN  
COUNSELLING AND FAMILY  
THERAPY (MSCCFT)**

**Term-End Examination**

**June, 2019**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 Hours*

*Maximum Marks : 50*

**Note :** *Attempt three questions in all. Question  
No. 1 is compulsory.*

1. Write short notes on any *four* of the following in  
about **150** words each : 4×5=20

- (a) 5 W's
- (b) 5 R's
- (c) Social and recreational measures for relapse prevention.
- (d) High risk sexual behaviour.
- (e) Barriers to treatment seeking by women with substance abuse.
- (f) Drug access and supply in prison.

**(A-26) P. T. O.**

[ 2 ]

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2. Describe the factors associated with substance abuse in adolescents. 15
3. Discuss any *two* harm reduction strategies for prevention of HIV among injecting drug users. 15
4. Put the following situation in an A-B-C format : 15

"Antony has not been getting along well with his wife. They keep on having constant arguments about financial matters. This month when Antony handed over his salary to his wife, she found it was lesser than the last two months salary. She felt he has again started taking drugs. Instead of asking why the salary is less she started shouting and abusing that Antony is taking drugs. Antony without replying left the house and went to his friend's place where he used to earlier take drugs.

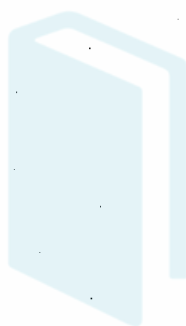
(A-26)

**[3]**

There, he took drugs and immediately felt a sense of relief and reduction of relief and reduction in tension."

5. How does psychosocial rehabilitation and lifestyle change help in rehabilitation of drug users ?

15



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No. of Printed Pages : 2

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MCFTE-003

## MASTER OF SCIENCE IN COUNSELLING AND FAMILY THERAPY

Term-End Examination,

December 2019

### MCFTE-003: SUBSTANCE ABUSE COUNSELLING AND FAMILY THERAPY

*Time : 2 Hours]*

*[Maximum Marks : 50*

*Note : (i) Answer three questions in all.*

*(ii) Question No. 1 is Compulsory.*

1. Write short notes on **any four** of the following in about **150 words each**: 4×5=20
  - a) Elements of Psychosocial rehabilitation
  - b) Solution-Focused therapy
  - c) Self help approach
  - d) Psychoeducation
  - e) Hierarchy of safer practice messages for IDUs
  - f) The family disease model
  
2. "Family of a person with substance abuse adopts a specific role for each of its members". Do you agree with this statement? Give reasons to support your answer. Describe the various family roles that can be taken by various family members. 15

(2)

3. Discuss how injecting drug use increases HIV risks and vulnerabilities. 15
4. What is Relapse prevention therapy? As a counsellor and family therapist, describe two, RPT intervention techniques that you would recommend to a teenager restraining from taking cigarettes, bidis, etc. 15
5. How does consumption of Tobacco develop dependence? Describe the 5A's and 5R's Approach used for Tobacco cessation? 15



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**MCFTE-003**

**MASTER OF SCIENCE IN  
COUNSELLING AND FAMILY  
THERAPY (MSCCFT)**

**Term-End Examination**

**June, 2020**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 Hours*

*Maximum Marks : 50*

*Note : Answer three questions in all. Question  
No. 1 is compulsory.*

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1. Write short notes on any *two* of the following :

10 each

- (a) Elements of a family as a system, with reference to substance use
- (b) Social issues faced by a family with substance use problem
- (c) Barriers to treatment seeking among women substance users

[2]

(d) Social correctional approach

(e) Injecting drug use

2. How would you define tobacco dependence ?  
What strategy would you adopt for a tobacco user who is unwilling to quit tobacco use ?  
Explain with the help of a case example. 15
3. Discuss the scope of psychosocial rehabilitation.  
How would you carry out psychosocial rehabilitation for your client who is overcoming substance use ? 15
4. Describe the various risk behaviours present in the prison population and the reasons for carrying out these risk behaviours. 15
5. Discuss the high risk sexual behaviours among adolescents with the vulnerability to substance use. 15

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**MCFTE-003**

**MASTER OF SCIENCE IN  
COUNSELLING AND FAMILY  
THERAPY (MSCCFT)**

**Term-End Examination**

**December, 2020**

**MCFTE-003 : SUBSTANCE ABUSE COUNSELLING  
AND FAMILY THERAPY**

*Time : 2 Hours*

*Maximum Marks : 50*

**Note :** Answer *three* questions in all. Question No.  
1 is compulsory.

1. Write short notes on any *two* of the following :

10×2=20

- (a) Family roles in the context of substance use
- (b) Substance use and sexual behaviour
- (c) Factors associated with substance abuse in adolescents
- (d) Treatment resistance in substance abuse
- (e) Network therapy

[ 2 ]

2. What is 5 R's approach ? How can the tobacco users who are trying to give up their dependence on tobacco be assisted ? 15
3. What are the advantages and limitations of family therapy with substance users ? Describe any *two* approaches to family therapy for substance users. 15
4. What is the need for studying substance use disorders separately in women and adolescents ? Discuss the health hazards faced by women who abuse alcohol. 15
5. Describe family issues in substance abuse from a life-span approach. 15

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