



# **MACHAKOS UNIVERSITY**

University Examinations for 2022 /2023 Academic Year

**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**THIRD YEAR FIRST SEMESTER EXAMS FOR**

**BACHELOR OF ARTS (COUNSELLING) / BACHELOR OF EDUCATION,  
B.S.C COMMUNITY RESOURCE**

**APS 323 BEHAVIOURAL MODIFICATION MAIN EXAM**

**Date:**

**Time:**

---

**INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS.**

**QUESTION ONE (30 MARKS)**

- (a) Define the term behavioral modification (2 mark)
  
- (b) Describe the four major figures who were instrumental in the development of the scientific procedures of behaviour modification (12 marks)
  
- (c) Identify two behavioral deficits and excesses that a person other than yourself has to overcome (8 marks)
  
- (d) Distinguish between direct and indirect assessment procedures (4 marks)
  
- (e) Define negative reinforcement and give an example (4 marks)

**QUESTION TWO ( 20 MARKS)**

- (a) Discuss five different examples of bodily behaviours that you might show when expressing your approval to an individual.( 10 marks)
- (b) Describe factors that influence the effectiveness of conditioned reinforcement in behavior modification programs ( 10 marks)

**QUESTION THREE ( 20 MARKS)**

- (a) Demonstrate an understanding of an example of an extinction burst ( 10 Marks)
- (b) Discuss five general factors that influence the effectiveness of operant extinction (10 marks)

**QUESTION FOUR ( 20 MARKS)**

- (a) Discuss why cognitive restructuring techniques might be effective (10 marks)
- (b) Describe why mindfulness and acceptance-based procedures are therapeutic ( 10 marks)

**QUESTION FIVE ( 20 MARKS)**

- (a) Discuss the steps you would follow in carrying out self-management ( 10 marks)
- (b) Demonstrate an understanding of the attention-focusing exercises ( 10 marks)