



**THE CATHOLIC UNIVERSITY OF EASTERN AFRICA**

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**MAIN EXAMINATION**

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**SEPTEMBER –DECEMBER 2021**

**FACULTY OF ARTS AND SOCIAL SCIENCES**

**DEPARTMENT OF PSYCHOLOGY**

**REGULAR PROGRAMME**

**BCP 304: BEHAVIOUR MODIFICATION**

**Date: DECEMBER 2021**

**Duration: 3 Hours**

**INSTRUCTIONS: Answer Question ONE and any THREE Questions**

- Q1. a. Define behavior modification (3marks)
- b. Briefly explain two behaviors that can be modified using habit reversal therapy. (6marks)
- c. Differentiate between: (6 marks)
- i. Positive reinforcement and negative reinforcement.
  - ii. Positive Punishment and negative punishment
- d. Using an illustration, explain the reactivity concept. (5marks)
- e. Define functional assessment. (2marks)
- f. Identify the main categories of functional assessment. (3marks).
- Q2. Evaluate methods of measuring and recording a behavior. (15 marks).

Q3. Explain the techniques used in Applied Behavior Analysis to enhance positive behavior. **(15 marks).**

Q4. Discuss Cognitive Behavioral Therapy techniques used in modifying behavior.

**(15 marks)**

Q5. Using examples examine the characteristics of behavior modification theory.

**(15 marks).**

Q6. By use of relevant examples distinguish between classical conditioning and operant conditioning. **(15 marks).**

**\*END\***