



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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**MAIN EXAMINATION**

**JANUARY – APRIL 2018 TRIMESTER**

**FACULTY OF ARTS AND SOCIAL SCIENCES**

**DEPARTMENT OF PSYCHOLOGY**

**PART TIME PROGRAMME**

**MCP 506: BEHAVIOUR MODIFICATION**

**Date: APRIL 2018**

**Duration: 3 Hours**

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

- Q1. a) Define behavior modification. **(1.5 marks)**
- b) Describe the distinction between overt behavior and covert behavior. Provide an example of each. **(4 marks)**
- c) List 4 myths' or misconceptions about behavior modification. **(4 marks)**
- d) Differentiate between Positive and Negative Reinforcement **(4 marks)**
- e) State four characteristics of behaviour modification **(4 marks)**
- Q2. Discuss the significance of functional assessment in behaviour modification. **(17.5 marks)**
- Q3. Give four justifications for the use of behaviour modification approaches in schools and other child related settings. **(17.5 marks)**
- Q4. Identify a behaviour which you need to change using the steps in self-management and develop a plan to change the behaviour. **(17.5 marks)**
- Q5. Using relevant examples, explain five areas where behaviour modification constructs could be applied. **(17.5marks)**
- Q6. Discuss the trans-theoretical model of behaviour change and application. **(17.5 marks)**