

BOT DEGREE EXAMINATION
(Regulations for the candidates admitted from 2014-2015 onwards)
FOURTH YEAR
PAPER III – GROUP PROCESS IN OT

Q.P. Code: 786187

Time: Three hours

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. How would you conduct a stress management group?
2. Describe the steps involved in organizing a task oriented group.

II. Write notes on:

(8 x 5 = 40)

1. Directive group.
2. Write notes on a caregiver support group.
3. Positive strategies to encourage attendance in a group.
4. Furniture layout in a group and its importance.
5. Transference in group therapy.
6. Advantages and disadvantages of an open group.
7. Leadership styles.
8. Effectiveness of partnership in a group.

III. Short answers on:

(10 x 2 = 20)

1. Components of psychodrama group.
2. Triad.
3. Co-leadership.
4. Clique.
5. Goal sabotage exercise.
6. Harmonizer.
7. Risky Shift.
8. Resolution phase in an activity group.
9. Hierarchy communication.
10. Evaluation of groups.

BOT DEGREE EXAMINATION
(Regulations for the candidates admitted from 2014-2015 onwards)
FOURTH YEAR
PAPER III – GROUP PROCESS IN OT

Q.P. Code: 786187

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: **(2 x 20 = 40)**

1. What is drama therapy? Classify drama therapy. What are the therapeutic values of drama therapy? Outline the role of occupational therapist in drama.
2. Describe how you would organize a social skill training group for a group of clients with schizophrenia?

II. Write notes on: **(8 x 5 = 40)**

1. Motivating group members.
2. Problem solving ideas for a group conflict.
3. Outline group leader skills. Explain how you develop group leader skills?
4. Use of groups in paediatric clients
5. Self-help group. Explain with example.
6. Importance of keeping records. Add notes on methods of keeping records in group.
7. How will you develop group cohesion?
8. Features of an anger management group.

III. Short answers on: **(10 x 2 = 20)**

1. Rolestrain.
2. Autocritic leader.
3. Existential factors.
4. Resolution phase.
5. Role lock.
6. Self-confessor.
7. Silent member.
8. Non-judgemental acceptance.
9. Monopolist in group.
10. Indications of care givers support group.

BOT DEGREE EXAMINATION
(Regulations for the candidates admitted from 2014-2015 onwards)
FOURTH YEAR
PAPER III – GROUP PROCESS IN OT

Q.P. Code: 786187

Time: Three hours

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. What is group? What are the different types of group? How will occupational therapist manage the groups?
2. Describe how you would plan and organize a stress management group for a group of clients with alcohol dependent?

II. Write notes on:

(8 x 5 = 40)

1. Group therapy for learning disability.
2. Compare project level and parallel level groups with example.
3. Yahlom's curative factors of group therapy.
4. Disadvantages of co-leadership.
5. Pre group interview.
6. Verbal and nonverbal interaction in group.
7. Types of decision making.
8. Leadership styles in group.

III. Short answers on:

(10 x 2 = 20)

1. Warm-up in groups.
2. Playboy in groups.
3. Self-actualization.
4. Confrontation.
5. Energizer.
6. Indications of assertiveness group.
7. Role play.
8. Hierarchy of communication.
9. Group cohesiveness.
10. Group norms.

[LQ 6187]

FEBRUARY 2020

Sub. Code : 6187

BOT DEGREE EXAMINATION
(Regulations for the candidates admitted from 2014-2015 onwards)
FOURTH YEAR
PAPER III – GROUP PROCESS IN OT

Q.P. Code: 786187

Time: Three hours

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain in detail about various approaches to group work.
2. Plan and organize a task oriented group for a group of patients with anxiety disorder.

II. Write notes on:

(8 x 5 = 40)

1. Intra group relationship.
2. Difference between activity and support groups.
3. Strategies to encourage group attendance.
4. Aims and values of group therapy.
5. Psychodrama.
6. Advantages of Co-Leadership.
7. Environment of a group.
8. Evaluating groups.

III. Short answers on:

(10 x 2 = 20)

1. Optimal arousal.
2. Universality.
3. Narcissistic member.
4. Empathy.
5. Self-disclosure.
6. How do you gain referrals for group?
7. Sociogram.
8. Norming stage.
9. Closed group.
10. Altruism.

THE TAMIL NADU Dr.M.G.R. MEDICAL UNIVERSITY

[LR 1220]

DECEMBER 2020
(AUGUST 2020 EXAM SESSION)
BOT DEGREE EXAMINATION
(Regulations from 2014-2015 onwards)
FOURTH YEAR
PAPER III – GROUP PROCESS IN OT
Q.P. Code: 786187

Sub. Code : 6187

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. What is Group Dynamics? Describe the roles people play in Groups, relationships between Members and the Verbal & Non-verbal Communication within the Group.
2. Write in detail the procedure for Planning a Group treatment. Give an example of starting a Support group for persons with Spinal Cord injury.

II. Write notes on:

(8 x 5 = 40)

1. Directive Group.
2. Write note on a Caregiver support group.
3. Positive strategies to encourage Attendance in a group.
4. Furniture layout in a Group and its importance.
5. Types of Touch in Drama therapy.
6. Process of decision making in a Group.
7. Assessing Group Cohesion.
8. Effectiveness of partnership in a Group.

III. Short answers on:

(10 x 2 = 20)

1. Role conflict.
2. Cliques.
3. Negotiated contract.
4. Silent member.
5. Pre group interview.
6. Sociogram.
7. Split leader.
8. Therapist transparency.
9. Process illumination.
10. Brainstorming.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BOT 0921]

**SEPTEMBER 2021
(FEBRUARY 2021 EXAM SESSION)**

Sub. Code: 6187

**BOT DEGREE EXAMINATION
FOURTH YEAR - (Regulations for the candidates admitted from 2014-2015 onwards)
PAPER III – GROUP PROCESS IN OT
*Q.P. Code : 786187***

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Organize a social skills training group for patients with schizophrenia.
2. Plan a group therapy for older people with dementia.

II. Write notes on:

(8 x 5 = 40)

1. Evaluating group.
2. Sequence of setting up a group.
3. Mosey's group interactive skills.
4. Advantages and disadvantages of co leadership.
5. Managing silent group.
6. Types of reasoning.
7. Positive strategies to encourage attendance.
8. Self-help groups.

III. Short answers on:

(10 x 2 = 20)

1. Altruism.
2. Role play.
3. Group dynamics.
4. Imitative behavior.
5. Distress tolerance.
6. Activity scheduling.
7. Compromiser.
8. Non-judgmental acceptance.
9. Conflict.
10. Asociality.

THE TAMIL NADU Dr.M.G.R. MEDICAL UNIVERSITY

[BOT 0122]

**JANUARY 2022
(AUGUST 2021 EXAM SESSION)**

Sub. Code: 6187

**BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Regulations for the candidates admitted from 2014-2015 onwards)
PAPER III – GROUP PROCESS IN OT
Q.P. Code : 786187**

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Plan and organize a Stress management group for patients with Anxiety disorder.
2. Explain how you will organize a Group work for patients with Dementia?

II. Write notes on:

(8 x 5 = 40)

1. Projective art group.
2. Sequence of setting up a Group.
3. Authoritarian leader.
4. Assertiveness group.
5. Dissatisfaction phase in a social skills group.
6. Actions of Drama therapy.
7. Role of a Leader in the Support group.
8. Semi open group.

III. Short answers on:

(10 x 2 = 20)

1. Types of Decision making.
2. Group task roles.
3. Frequency of Group meetings.
4. Structuring a Session.
5. Managing problems within a Group.
6. Group Norms.
7. Clique.
8. Counter transference.
9. Leadership roles.
10. Therapist as a Facilitator in a group.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[BOT 0622]

JUNE 2022
(FEBRUARY 2022 EXAM SESSION)

Sub. Code: 6187

BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Regulations for the candidates admitted from 2014-2015 onwards)
PAPER III – GROUP PROCESS IN OT
Q.P. Code : 786187

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Describe the Groups in Occupational Therapy and classify them with suitable examples. What are the different approaches to group work?
2. Discuss the Common Problems Encountered in a Group and how to Manage it.

II. Write notes on:

(8 x 5 = 40)

1. Leadership Styles in Group.
2. Psychodrama.
3. Explain about Self help Group with Example.
4. Role of Occupational Therapist in Group Therapy.
5. Social Skill training Group.
6. Stages of Groups.
7. Open vs Closed Groups.
8. Advantages and Disadvantages of Co-Leadership.

III. Short answers on:

(10 x 2 = 20)

1. Environment.
2. Roles.
3. Choosing an Activity.
4. Touch.
5. Role Strain.
6. Non Verbal Behavior.
7. Functions of Norms.
8. Recording.
9. Hierarchy Communication.
10. Wind Down.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[BOT 1022]

**OCTOBER 2022
(AUGUST 2022 EXAM SESSION)**

Sub. Code: 6187

**BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Regulations for the candidates admitted from 2014-2015 onwards)
PAPER III – GROUP PROCESS IN OT
*Q.P. Code : 786187***

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Write in detail how to plan and organize Sensory Integration support groups for parents of children with Sensory issues.
2. What are the different types of developmental groups in Occupational Therapy? Explain with an example how to plan and organize developmental groups.

II. Write notes on:

(8 x 5 = 40)

1. Types of reports in groups.
2. Grading and adapting treatment in group sessions.
3. Two dimensional analysis of behaviour in Cohesion.
4. Creative therapy.
5. Formulating goals for clients in group therapy.
6. Gaining referrals.
7. Leadership responsibilities.
8. Anger management group.

III. Short answers on:

(10 x 2 = 20)

1. Family Therapy Traids.
2. Circle.
3. Social group.
4. Attraction Sociogram.
5. Group leader functions.
6. Group building and maintenance roles.
7. Silent group.
8. Dominating behaviour.
9. Membership decision.
10. Selection criteria for co-leader.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[BOT 0423]

**APRIL 2023
(FEBRUARY 2023 EXAM SESSION)**

Sub. Code: 6187

**BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Regulations for the candidates admitted from 2014-2015 onwards)
PAPER III – GROUP PROCESS IN OT**

Q.P. Code: 786187

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Plan and organize Awareness group for breast cancer patients.
2. What is Group therapy? Explain in detail the Stages of groups. Add a note on classification of groups.

II. Write notes on:

(8 x 5 = 40)

1. Importance of warm up session in groups.
2. Groups in conflict.
3. Group interaction skills by Mosey.
4. Benefits of Co-leadership.
5. How to establish group aims?
6. Practical aspects to be considered in the environment during group sessions.
7. Choices of group activity.
8. Time factors in decision making.

III. Short answers on:

(10 x 2 = 20)

1. Shifting triad.
2. Angry member in group.
3. Hierarchy.
4. Apathetic group.
5. Leadership styles.
6. Task group.
7. Collaborative sociogram.
8. Role status.
9. Transference.
10. Risky shift.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[BOT 1123]

**NOVEMBER 2023
(AUGUST 2023 EXAM SESSION)**

Sub. Code: 6187

**BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Regulations for the candidates admitted from 2014-2015 onwards)
PAPER III – GROUP PROCESS IN OT**

Q.P. Code: 786187

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Discuss in detail about planning a group work for patients with Stroke.
2. What is Group Dynamics? Describe the roles people play in groups, verbal and non-verbal communication within the group. Add a note on seating positioning of communication experiment.

II. Write notes on:

(8 x 5 = 40)

1. Yalom's curative factors.
2. How to manage disruptive or bizarre behavior in groups?
3. Special qualities of group.
4. Optimal arousal level.
5. Groups in society.
6. Factors influencing choice of group activities.
7. Aim of Pre-group interview.
8. Advantages of feedback session in groups.

III. Short answers on:

(10 x 2 = 20)

1. Triad configuration.
2. Non-directive group therapy.
3. Communication group.
4. Popularity sociogram.
5. Apathetic group.
6. Co-leadership.
7. Group polarization.
8. Distressed member.
9. Motivating factors in groups.
10. Facilitating Group development.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[BOT 0824]

AUGUST 2024

Sub. Code: 6187

**BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Regulations for the candidates admitted from 2014-2015 onwards)
PAPER III – GROUP PROCESS IN OT**

Q.P. Code: 786187

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Describe how you will organize a social skills training group for adolescents with Anxiety Disorder?
2. Discuss the various aspects of Verbal and Nonverbal interaction.

II. Write notes on:

(8 x 5 = 40)

1. Structuring session for Stress management groups.
2. Cognitive Dysfunction group.
3. Explain about factors enhancing Intra group relationship.
4. Briefly list and describe the checklist for planning the environment for Task groups.
5. Value of aims and goals in groups.
6. Problem solving ideas for managing dominating member.
7. Benefits of a democratic leader over authoritarian leader.
8. Difference between mature group and cooperative group.

III. Short answers on:

(10 x 2 = 20)

1. Two examples of task oriented groups.
2. Any two curative factors of groups.
3. What are roles?
4. Emotional safety.
5. Auxillary Ego.
6. Any two reasons for evaluating groups.
7. What is Norming and Performing?
8. Any two warm up activities for a sensory integrative group.
9. Any two advantages of norms.
10. Group climate.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[BOT 0225]

FEBRUARY 2025

Sub. Code: 6187

**BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Regulations for the candidates admitted from 2014-2015 to 2021-2022)
PAPER III – GROUP PROCESS IN OT**

Q.P. Code: 786187

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. How will you plan a series of groups for patients with schizophrenia to improve socialization?
2. Intent and purpose of Task oriented groups. Describe with an example a task oriented group for women with intellectual disability.

II. Write notes on:

(8 x 5 = 40)

1. Problem solving ideas for an apathetic group.
2. Describe the abstract aspects of the environment.
3. Disadvantages of sub grouping.
4. Discuss briefly any five curative factors of a group.
5. Discuss how we can handle a reluctant member.
6. Any two warm up activities for a support group.
7. Why is evaluating groups important?
8. Differentiate between parallel level groups and project level groups.

III. Short answers on:

(10 x 2 = 20)

1. What is modeling?
2. What is a Directive Group?
3. List any two spatial aspects of nonverbal behavior.
4. What is Role conflict?
5. Aims of communication groups.
6. What is cohesion?
7. Differentiate alliance and coalition.
8. Any two disadvantages of norms.
9. One advantage and disadvantage of small groups.
10. Differentiate Aggressive and Assertive behavior.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[BOT 0825]

AUGUST 2025

Sub. Code: 6187

**BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Candidates admitted from the academic year 2014-2015 to 2021-2022)
PAPER III – GROUP PROCESS IN OT**

Q.P. Code: 786187

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Outline the Types of Therapeutic Groups and discuss the Value of Group Therapy in Psychiatry.
2. Describe how would you help a Group of Alcoholic Clients to Organize a Self help Group for Themselves?

II. Write notes on:

(8 x 5 = 40)

1. Assertiveness Group.
2. Norms in Staff Group.
3. Gold Fish Bowl Discussion.
4. Evaluation of Group.
5. Structuring the Session.
6. Managing Problems in Group with an Angry or Distressed Member.
7. Leadership Styles.
8. Group Cohesiveness.

III. Short answers on:

(10 x 2 = 20)

1. Role Lock.
2. Clique.
3. Verbal Communication.
4. Silent Member.
5. Resolution Phase.
6. Define group.
7. Group Interaction.
8. Mature Group.
9. Role of Groups in Occupational Therapy.
10. Sociometric Test.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[BOT 0226]

FEBRUARY 2026

Sub. Code: 6187

**BACHELOR OF OCCUPATIONAL THERAPY DEGREE COURSE
FOURTH YEAR - (Candidates admitted from the academic year 2014-2015 to 2021-2022)
PAPER III – GROUP PROCESS IN OT**

Q.P. Code: 786187

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Describe how you will organize a support group for mothers of children with Autism Spectrum Disorder?
2. Describe the various types of groups in Occupational Therapy with relevant examples.

II. Write notes on:

(8 x 5 = 40)

1. List ways of improving verbal communication in a group.
2. Explain the role of the leader in an egocentric level group.
3. Draw an 'attraction sociogram' with relevant labels.
4. Describe the 'circle' model of communication with examples and illustrations.
5. Explain the functions of eye-contact in group communication.
6. What is 'group think' and its role in decision –making during the group process?
7. Explain the purpose of a wind-down period in a group session.
8. Describe how 'negotiated contract' can be used to motivate group attendance.

III. Short answers on:

(10 x 2 = 20)

1. Gold-fish bowl discussion.
2. Countertransference.
3. Cohesion.
4. Risky-shift.
5. Catharsis.
6. Protagonist.
7. Spatial behavior.
8. Task skills.
9. Open group.
10. Arousal.
