Master of Science

In

APPLIED PSYCHOLOGY

Under Distance Education from 2012 and onward

Directorate of Distance Learning Education
## Department of Applied Psychology

### OUTLINE OF CORE COURSES FOR M.SC. APPLIED PSYCHOLOGY DISTANCE EDUCATION

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Marks</th>
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<td></td>
<td><strong>Semester – I</strong></td>
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<tr>
<td>Psy-D701</td>
<td>History and Systems in Psychology</td>
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<tr>
<td>Psy- D702</td>
<td>Research Methodology-1</td>
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<tr>
<td>Psy- D703</td>
<td>Application of Statistics in Psychology</td>
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<td>Psy- D704</td>
<td>Cognitive and Affective Processes</td>
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<td>Psy- D705</td>
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<td><strong>Semester – II</strong></td>
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<tr>
<td>Psy- D710</td>
<td>Applications of Computer in Psychology</td>
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<tr>
<td>Psy- D711</td>
<td>Psychological Testing and Measurement</td>
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<tr>
<td>Psy- D712</td>
<td>Personality Psychology</td>
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<td>Psy- D713</td>
<td>Social Psychology</td>
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<td>Psy- D714</td>
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<td>Psy- D715</td>
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<td><strong>Semester – III</strong></td>
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<td>Psy- D721</td>
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<td>Psy- D722</td>
<td>Clinical Psychology</td>
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<td>Psy- D723</td>
<td>Industrial / Organizational Psychology</td>
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<td>Psy- D724</td>
<td>Educational Psychology</td>
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<td><strong>Semester – IV</strong></td>
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<td>Psy- D730</td>
<td>Health Psychology</td>
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<td>Psy- D732</td>
<td>Thesis OR Two Optional Subjects</td>
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<td>Psy- D733</td>
<td>Human resource Management (opt)</td>
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<td>Psy- D734</td>
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<td>Psy- D736</td>
<td>Gender Issues In Psychology (opt)</td>
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<td>Psy- D737</td>
<td>Forensic Psychology (opt)</td>
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**NOTE:** Student who will not conduct thesis, they will have to opt two optional courses in 4th semester.
SEMESTER - I
Psy-D701: History and Systems in Psychology

Marks: 100

Objectives

• To acquaint the learners with an overview of the background of present-day psychology.
• To promote basic understanding of the various processes of scientific development and transformation.
• To make students familiar with the chronological history of ideas which contribute to the field of Psychology.
• To learn the major figure and school of thoughts in the history of psychology.

1. Philosophical Routes of Different Eras in Psychology

2. Introduction of School of Thoughts
   Structuralism, Functionalism, Behaviorism, Neo Behaviorism, Gestalt, Psychoanalysis, Humanistic, Existentialism, Cognitive,

3. Contemporary Status of Various Areas of Psychology

4. Scope and Status in Pakistan

Books Recommended

Psy-D702. Research Methodology-1
Marks: 100

Objectives:

To provide an introduction to the basic logic of experimental research design.
To provide the students technical tools for going from a hypothesis about the world,
To a quantitative empirical statement based on the statistical analysis of experimental data

1. Introduction to Research
   Meaning, purpose and function of Research.
   Scientific and non scientific approaches to knowledge.
   Goals of the Scientific Method.

2. Concepts, Constructs and Variables.

3. Research Problem and Hypothesis
   a) Characteristics and sources
   b) Research Hypothesis
      i) Making the problem researchable
      ii) The formulation of hypothesis
      iii) Types of hypothesis

4. Sampling
   Techniques, Types
   Advantages and disadvantages of each type

5. Data, Collection.
   Technique and methods
   Observation: Types, Advantages and Disadvantages,
   problems in the conduct of observational research
   Interview
   Questionnaire
   Case study methods

6. Ethical Issues in Psychological Research

Books Recommended

Psy-D703:  Application of Statistics in Psychology

Marks: 100

Objectives

- To enable the students to use the terms and concepts to learn the Scientific Method.
- To introduce statistical techniques employed within contemporary Psychology.
- To use statistics in learning basic data analysis techniques.

1. Introduction
Basic Terms, Importance of Statistics in Psychology, Limitations of Statistics

2. Frequency Distribution and Graphic Representation of Data
Data, Types of data, Frequency Distribution, Cumulative Frequency Distribution, Histogram, Polygon, Pictograph, Bar Diagram, Pie Chart,

3. Measures of Central Tendency
Mean, Median, Mode

4. Measures of Variability
Range, Mean Deviation, Quartile Deviation, Variance, Standard Deviation, Shepherd’s Correction, Coefficient of Variance, Z score

5. Correlation and Regression
Correlation & Causation
Pearson Product Moment Correlation
Spearman’s Rank Order Correlation
Linear Regression
Scatter Diagram
Standard Error of Estimation

6. Probability Binomial and Normal Distributions
Permutation and Combination
Definition of Probability
Subjective Empirical and Classical Approach to Probability
Laws of Probability

7. Hypothesis Testing / Test of Significance
Z-Test   t-Test
f-Test   Chi-Square

8. Analysis of Variance
One way classification
Two way classification


Note: Practical exercise will be given by the end of each topic / chapter.
**Books Recommended**

4. Kinear, P.R. & Gray, C.D. SPPS for windows made simple
Psy-D704: Cognitive and Affective Processes

Marks: 100

Objectives

• To use current methodologies and concepts in experimental Psychology.
• To equip students with techniques of communicating results of experiments.
• To instill ethical approach to conduct the experimental research.

1. Perception
Perception and sensation, Gestalt concept of perception, Perceptual constancy, Figure and ground perception, Perception of depth time and movement, Motivational determinants of perception, Visual illusions

2. Learning
Basic factors in learning and performance, Conditioning and its types, The role of reinforcement in learning, Variables affecting the rate and amount of conditioning, Controversial issues in learning, Transfer of learning

3. Memory
Theories of Memory, The storage and retrieval processes, Memory experiments, Mnemonics (ways of improving memory)

4. Thinking and Problem Solving
Nature of thinking, Concept formation, Set and Attitude as factors in Thinking, Creative Thinking

5. Feelings and Emotions
Nature of feelings and Emotions
Theories of Emotions
Physiological concomitant of Emotions
Facial and vocal expressions in Emotions
Frustration, conflict and stress

6. Motivation
Concepts of needs, Drives, Motives and incentives etc, Measurements of drives, Theories of Motivation
Cognitive aspects of Motivation

7. Language

8. Practical Work
Students will conduct minimum ten experiments from the list given below:

1. Study of depth perception
2. Problem solving
3. Verbal learning
4. Retro Active and Pro Active Inhibition
5. Detection of Threshold
6. Measurement of Differential Threshold
7. Study of Illusion
8. Measurement of Emotion
9. Memory Span
10. Measurement of Reaction Time
11. Level of Aspiration Vs Level of Achievement
12. Effect of Fatigue
13. Role of set in perception
14. Schedule of Reinforcement
15. Measurement of Memory changes

Books Recommended
Psy-D705: Behavioural Neurosciences

Marks: 100

Objectives

• To understand the various elements of biology and their influence on human thinking, feeling and acting.
• To comprehend the elements of Psychology which are affected by biological factors.
• To understand the interaction of psychological and biological factors in our life experiences.

1. Neuroanatomy
   Basic Neuroanatomy, The Neuron (structure), Neuronal Characteristics, Types of Neuron
   Transmission and Communication Systems
   Neuronal Conduction, Control of Molecules (EPSP and IPSPS), Resting and Action Potential
   The Sodium Potassium Pump

2. Nervous System
   Embryonic Development of the Nervous System
   Major structures / parts of Nervous System, their functions and connections

3. Brain Damage
   Causes of Brain Damage
   Neurological / Neuropsychological Disorders
   • Organic Brain Syndrome
   • Epilepsy
   • Psychiatric disorders with organic / biological etiology
   • Affective disorder
   • Anxiety disorder
   • Mental retardation
   • Sleep disorders
   • Migraine
   • Tumors; Types of Brain Tumors
   • Amnesia

4. Neurochemistry
   Methods of identifying Neurotransmitters
   Criteria of identifying Neurotransmitters
   Synaptic transmission
   Characteristics of Neurotransmitters, Neuromodulators and Neurohormones
   Major transmitter substances (Dopamine, Neuropepinephrine, Serotonin, Acetylcholine, Gaba, Glycine peptides)
   Metabolism
   Brain Pathways

5. Motivation
   Definition and basic psychological concepts
Homeostasis
Involvement of Brain areas and Neurotransmitters in Motivational Behaviour
Isotonic regulation, Temperature regulation
Thermostat
Aggression and its types
Sleep and circadian rhythms
Eating and types of eating disorders
Weight, glucose and metabolic regulation.

Books Recommended
SEMESTER - II
Psy-D710: Application of Computers in Psychology

Marks: 100

Objectives

Through this course students will be able to:

- Learn the application of computers in a wide range of areas of psychological research.
- Know the basics of computer programmes.
- Learn the use of SPSS in psychological research.

1. Introduction to computer science
2. Introduction to Windows
3. Introduction to and operating
   a. MS Office,
   b. MS Word,
   c. Excell and
   d. Power Point
4. Introduction and usage of SPSS in Psychological Research

Books Recommended

1. Kinear, P.R. & Gray, C.D. SPPS for windows made simple
Psy-D711: Psychological Testing and Measurement

Objectives
Through this course student will:

• Learn fundamental assessment skill in administration, scoring and interpretation of tests, report writing and recommendations.
• Have an overview of intelligence, personality, achievement and vocational test.
• Acquire knowledge of basic concepts of psychological assessment, standardization, reliability and validity.

1. Historical perspective and Origins of psychological Testing


3. Types of psychological Testing

4. Test Administration and Factors Affecting the process

5. Test Construction and Standardization
Nature and types of items, Selection of items for Test format, Item Analysis, Difficulty level and Discriminatory Power of Items.

6. Reliability
Definition, Types of Reliability, Error of measurement, Constant error, Reliability of speed tests, Factors influencing Reliability,

7. Validity
Definition, types of validity, Cross validation, Interpretation of validity, Factors affecting validity,

8. Norms
Types and uses

9. Test Scoring

Note: Students will construct 40 objective test items, administer the test on a group and interpret the results.

Books Recommended
1. Anastasi, A. Psychological Testing
2. Freeman, F.S. Theory and practice of psychological testing
Psy-D712: Personality Psychology

Objective

The major objective of this course is to give students a detailed understanding of the nature and dynamics of human personality. Upon successful completion of this course, students should be able to:

- Think analytically and critically about personality.
- Define the basic units of personality and understand the basic processes associated with these.
- Evaluate and understand research pertaining to personality and personality processes.
- Understand the role of personality in thinking and behavior.
- Understand their own personality and other people’s personalities.
- Understand the relative effects of “nature” (innate or inborn influences) and “nurture” (socialization and learning influences) on personality.

Apply their learning to cope better with stressful situations.

1. Introduction to Personality Psychology: theory, assessment and research

2. Evolutionary Approach of Personality Psychology

3. Psychoanalytical Approach: Sigmund Freud


6. Humanistic & Phenomenological Approach: Abraham Maslow & Carl Rogers


8. Cognitive Approach: George Kelley

9. Biomedical Approach

10. Contemporary Issues: gender, culture, positive psychology
11. **Application and Critical Evaluation of Approaches**

*Note:* Students will present a seminar paper during the semester on the selected topics.

**Books Recommended**
Psy-D713:  Social Psychology

Marks: 100

Objectives

By attending this course Participants will be able to ……..

- Understand, organize, analyze and interpret the basic conceptual frame work of social psychology by applying it in their daily and work setting in a visible fashion.
- Develop an increased knowledge of the key concepts, terminology and language used within the field of social psychology
- Analyze human behaviors utilizing the socio-psychological principles.
- Recognize their capabilities and strengths by application of socio-psychological concepts for solving daily life problems and challenges to achieve higher levels of creativity in dealings of life.

1. Introduction to Social Psychology
   Nature and scope of social psychology

2. Social Perception
   Self in Social World
   Attribution

3. Socialization
   Nature: Perspectives on Socialization.
   Agents of Socialization
   Socialization of Gender Roles

4. Attitudes
   Nature & Structure Formation of attitude
   Attitude Change
   Attitude Predicts Behavior

5. Persuasion
   Elements of Persuasion
   Resistance in persuasion

6. Prejudice
   Nature and power of power of prejudice
   Sources of prejudice
7. **Aggression**
   What is aggression?
   Theories of aggression
   Influences on aggression
   How can aggression be reduced?

8. **Social relations**
   Conformity
   Altruism

9. **Group Dynamics**
   Nature & Scope of group
   Interaction in Group
   Culture and social Norms

- **Students will chose a social issue and make a presentation.**
  After selecting a social issue and gathering data (theories, Statistics on international level/national etc) about it, they will describe the need of social psychologist regarding that issue of our society. They will elaborate how, why & in which way Psychologist can play a role?

- **Assignment # 2**
  Students will give assignments on assigned topic.

**Books Recommended**

Psy-D714: Mental Health and Psycho Pathology

Marks: 100

Objectives

• To describe the historical emergence of Abnormal Psychology as a concept and as an area of clinical practice.
• To identify and compare various theories about the cause of abnormal behavior.
• To discuss the ethical and legal consideration associated with abnormal behavior.
• To describe and classify several disorders.

1. The Concept and Criteria of Normality and Abnormality

2. Historical Background of Abnormal Psychology
   Ancient Demonology and Medieval Witchcraft,
   Philosophical Era
   Renaissance and Rise of Humanitarian Approach
   Emergence of Organic View Point
   Origin of Psychological View Point

3. Classification of Psychological Disorders
   Introduction to the current classification systems (DSM-IV and ICD-10)
   Introduction to Psychological disorders according to DSM – IV

4. Selected Models of Psychotherapies

5. Overview of Mental Health in Pakistan

Note: Students will be required to write and present seminar paper on any topic related to their course.

Books Recommended
3. Munsinger, H. Principle of Abnormal Psychology
5. APA DSM (latest)
6. Ziegler, D.J. & Hjelle Personality Theories
7. WHO ICD-10
Objectives:
1. To learn basic principles of experimental design and scientific method.
2. To give an opportunity to collect data of their own which is relevant to the theories, principles and concepts and encountered during the 1st semester.
3. To acquire skill of writing a scientific report of research carried out.

1. **Tools Formation**
   Preparation of Questionnaire and interview.
   Advantages/Disadvantages of questionnaire and interview.
   Types of questionnaire and interview.

2. **Measurement Scales**
   Types of Measurement
   Types of scales,
   Advantages and disadvantages

3. **Classification and Types of Research Designs**
   Basic verses Applied Research
   Qualitative verses Quantitative
   Triangulation

4. **Issues in psychological research**
   Experimentation and open field method
   correlation and causation
   convergence and divergence
   probabilistic/statistical inferential and single case methods
   qualitative and quantitative debate in psychology

5. **Report writing and programme Evaluation research**
   Scientific report writing
   Thesis and journal format according to APA or BPA standards
   Research Evaluation Programme

6. **Psychological Research in Pakistan**
   History and background of research
   Research orientation of various psychological institution i-e universities post graduate department, armed forces, public service commission etc. in Pakistan.

7. **Practical work (term project)**
   (students will be required to submit a research report on a selected issues)

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**Books Recommended**

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SEMESTER - III
Psy-D720: Developmental Psychology

Marks: 100

1. Introduction
   (a) Nature & Historical Perspective of Developmental Psychology
   (b) Research Methods for Developmental Changes
   (c) Ethics in Research on Life Span Development

2. Prenatal Development
   (a) Prenatal Development
   (b) Genetic Influences in Development
   (c) Environmental Influences

3. Infancy
   (a) Physical Development
   (b) Cognitive Development in infancy with reference to Piaget’s theory.
   (c) Language Development in Infancy
   (d) Socio-emotional Development in Infancy

4. Childhood
   (a) Physical Development
   (b) Cognitive Development
   (c) Personality Development (Role of familiar/extra-familiar influences)

5. Adolescence
   (a) Physical Development
   (b) Social Development
   (c) Ego-identity

6. Early Adulthood
   (a) Physical Development
   (b) Family and occupational adjustment

7. Middle Age
   (a) Physical changes
   (b) Social adjustment
   (c) Family and occupational adjustment

8. Gerontology
   (a) Approaches of children to death
   (b) Approaches of adults to death
   (c) The elderly and death
   (d) Bereavement and death
### Books Recommended

Psy-D721:  Psychometrics

Marks: 100

Objectives

- Students will learn the interpretation of psychological tests including projective (e.g. T.A.T.), intelligence (e.g. WAIS-R) and personality (e.g. MMPI).
- To make students understand statistical characteristics of test scores.

1. Various Methods of Personality Assessment
   - Projective and non-projective techniques
   - Self-report inventories, Behavioural tests
   - Measures of interest

2. Measurement of Intelligence
   - Tests of intelligence (Individual and group tests)
   - Scholastic abilities and test for special population

3. Aptitude and Achievement Test
   - Multiple aptitude, Test batteries, Test of separate abilities, Occupational testing

4. Use of psychological tests in the field of Industry, School setting and Clinic

5. Social and ethical issues in implementation of psychological testing with special reference in Pakistan

Practical Work

Students will administer score and interpret the results from the following psychological tests with the consent of concerned teacher and prepare a psychometric report on the basis of the results.

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<th>Test 4</th>
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Objectives

- To understand and change the abnormal behavior, cognition, and emotions through the application of principles and techniques.
- To equip the students with a strong knowledge of skill and acumen in the detection, evaluation and diagnosis of various psychological conditions.

1. Definition and Scientific Nature of Clinical Psychology.
2. Historical Background of clinical psychology.
3. Approaches to Clinical Psychology.
4. Research methodology.
5. Classification
6. Clinical assessment & diagnosis
   1. Assessing Psychological disorders
      a) Clinical interview
      b) Assessment of intelligence
      c) Personality assessment
      d) Behavioral assessment
      e) Neuropsychological assessment
   2. (a) Diagnosis & Prognosis
      (b) Clinical judgment
7. Clinical Interventions
   a) Psychotherapy
   b) Psychodynamic approaches
   c) Behavioral & cognitive Behavioral assessment
   d) Phenomenological & humanistic existential approaches
   e) Pharmacotherapy.

Note: Students will submit four clinical reports.
# Books Recommended

11. APA DSM
12. WHO ICD 10
Psy-D723: Industrial / Organizational Psychology

Marks: 100

Introduction
- History of Industrial and Organization Psychology
- Cross-cultural Psychology
- Research in Industrial and Organizational Psychology

Dynamics of Interaction
- Elements of communication
- Flow of communication
- Formal and informal work groups
- Group work: Problem solving and decision making

Leadership
- Theories of leadership
- New directions
- Training leadership skills
- Special leaders and special situations

Motivation
- Nature of Motivation
- Theories of Motivation
- Using Motivation at work

Job Satisfaction and Job Commitment
- Theories of Job Satisfaction
- Assessment of Job Satisfaction
- Differences between people
- Job Commitment

Stress
- What is Stress?
- Theoretical Models of Stress
- Stressors
- Outcomes of Stress

Works Conditions
- Arranging time and space for work
- Effective work systems and equipments

Employee Health
- Mental health and injuries at work
- Preventing injuries and illness
- Interventions
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Psy-D724 :  Educational Psychology  

**Objectives**

- To enable the students to apply psychological theories in the process of education.
- To improve the student’s learning by the use of learning theories.
- To impress upon the students the importance of motivation in learning.
- To enable the students to comprehend the problems of retarded or gifted children.
- To impress upon the students the importance of classroom discipline and its advantages.

1. **Educational Psychology and Effective Interactions**
   - Definition and key concepts
   - Important topic in Educational Psychology Today

2. **Learning Theories and Implications for Practice**
   - Thorndike’s Connectionism, Classical Conditioning, Operant Conditioning, Social Cognitive Learning, Behavioral Theories and Learning,

3. **Cognitive Psychology and the Construction of Knowledge**
   - Meaning and Emergence of Cognitive Psychology
   - Major Approaches to learning with a cognitive psychology orientation
   - Information processing and the acquisition of knowledge

4. **Motivation and Students Learning**
   - Theories of Motivation
   - Educational Implications of Motivational Theories and Research

5. **Classroom Management**
   - Managing the Classroom
   - Methods of Control

6. **Exceptional Students**
   - Exceptional children in the classroom
   - Children in need of special education

**Note:** Students will visit a school and present a critical analysis about the educational Environment.

**Books Recommended**

1. Crawford, W.J.P Dececco  Psychology of learning and instruction
2. Craw and Craw Educational Psychology
3. Snowman, Biehler Psychology Applied to Teaching
4. Skinner, C.E. Educational Psychology
5. Wolfolk, E.A. Educational Psychology
6. Elliott, S.N. Kratochwill Educational Psychology, Effective Teaching,
   T.R. Cook, J.L. & Travers Effective Learning
7. Slavin, R.E. Educational Psychology, Theory and Practice
8. Wakefield, J.F Educational Psychology, Learning to be problem Solver
9. Wool Folk, A.E. Educational psychology
Psy-D725:  Counseling Psychology

Marks: 100

1. An Overview of Counseling
   (a) Definitions of Counseling
   (b) Difference between guidance, counseling and psychotherapy
   (c) Historical development of counseling

2. Counseling Process
   (a) Building a Counseling Relationship: Factors that influence the counseling process, Types of initial interviews, Exploration and identification of goals
   (b) Working in a Counseling Relationship: Counselor skills in understanding and action phases, specific relationship problems, The real relationships
   (c) Termination of Counseling Relationships: Functions of termination, Timing of termination, Issues related to termination

3. Counseling Theories and Interventions
   (a) Psychoanalytic approaches
   (b) Adlerian approaches
   (c) Existential approaches
   (d) Person-centered approaches
   (e) Cognitive-behavioural approaches
   (f) Reality therapy

4. Tests in Counseling
   Tests in counseling, Quality of good tests, Classification of tests, Administration, Interpretation and diagnosis.

5. Areas of Counseling
   Career counseling
   Education/counseling in school and colleges
   Industry/organizational counseling
   Marriage/Family counseling
   Rehabilitation and mental health counseling
   Others areas for counseling

6. Tests
   Intelligence test/aptitude
   Interest/career
   Personality
   Achievement test

Note: students will submit 03 counseling reports.
**Books Recommended**

Psy-D730:  

**Health Psychology**

**Marks: 100**

1. **Introduction**
   (a) The brain hypothesis
      (i) The Biomedical Model
      (ii) The Bio-psychosocial Model
      (iii) Aims of Health Psychology
   (b) The Systems of Body
      (i) Nervous System
      (ii) Endocrine System

2. **Health Belief and Health Behaviour**
   (a) Factors in predicting Health Behaviour
   (b) The Modification of Health Behaviour
   (c) Health Enhancing Behaviour
   (d) Health Compromising Behaviour
      (i) Smoking
      (ii) Alcohol
      (iii) Intervention to reduce smoking and alcohol consumption

3. **Psychophysiological Disorders and Health Psychology**
   (a) Stress
   (b) Theories of Stress and Illness
   (c) Cardiovascular Disorder
   (d) Asthma
   (e) AIDS
   (f) Diabetes
   (g) Cancer

4. **Patient in the Treatment Setting**
   (a) Use of Health Services
   (b) Patient Practitioner Interaction
   (c) Pain and Its Management

**Practical Work**
As term paper, 5 case studies highlight the role of psychological and behavioral factors of an illness or health compromising behavior (smoking, alcohol, drug abuse etc.)

**Books Recommended**
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Psy-D733:  Human Resource Management

Marks: 100

- Introduction
- Staffing Organizations: Selection and Placement
- General Practices in Personnel Selection
- Personality and Interest
- Non-test Methods of Personnel Selection
- Personnel training
- Job Design
- Job Analysis
- Job Evaluation
- Performance Appraisal
- Career Development
- Developing Team Work Skills

Practical Work

Students will submit a report on human resource management.

Books Recommended

Psy-D737:  Forensic Psychology

Marks: 100

1. **Criminal Psychology**
   - Introduction to Criminal Psychology
   - Perspectives on Human Nature
   - Theories of Crime
   - Measuring criminal Behaviour
   - Behavioural Analysis in Criminal Investigation
   - Police Recordings
   - Psychology in the Court, Police and Community
   - Crime Prevention
   - Modern Trends in Criminal Psychology

2. **Psychological Approaches to Understand Crime**
   - Psycho-biological theories, Social learning theories, Biochemical and Constitutional theories of crime
   - Psychological Theories of Aggression and Violence
   - Analysis of Violent Situation
   - Analysis of Violent Offender
   - Criminal Victimization

3. **Psychopathology and Crime**
   - Mental disorders and crime
   - Antisocial personality disorders
   - Delinquency and crime
   - Sexual offenses and offenders personality
   - Drug abuse and crime
   - Research survey on criminal behaviour in Pakistan

4. **Individual Research Project / Report**

Books Recommended