



21000732

QP CODE: 21000732

Reg No :

Name :

M Sc DEGREE (CSS) EXAMINATION, JULY 2021

Fourth Semester

Faculty of Science

M Sc PSYCHOLOGY

CORE - PY010402 - TRAINING PROGRAMME FOR MENTAL HEALTH

PROMOTION

2019 Admission Onwards

E4281222

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

Answer any **eight** questions.

Weight **1** each.

1. What is behaviour therapy?
2. Adaptation.
3. Self-Assessment Exercises in leadership training.
4. Motivational training.
5. Goal specificity.
6. Explain essential features of conducting.
7. Various approaches to decision making.
8. What is demonstration?
9. Define positive feedback.
10. What is outcome feedback?

(8×1=8 weightage)

Part B (Short Essay/Problems)

Answer any **six** questions.

Weight **2** each.

11. Discuss the policies and guidelines adopted by the legislature to promote human rights.
12. Methods that can be employed for life skills training
13. For which all life skills short term training can be useful, Why?





14. Steps in preparing for a presentation.
15. Discuss the necessity to follow ethics in training.
16. Discuss a warm up activity for preschoolers.
17. Explain a situation where panel debate can improve a particular life skill.
18. Prepare a termination session for an activity in communication skills training for employees.
(6×2=12 weightage)

Part C (Essay Type Questions)

Answer any **two** questions.

Weight **5** each.

19. Why is crisis intervention an important aspect of training? Which all groups should be given developmental crisis intervention and why?
20. Describe crisis intervention phases with real life examples.
21. Is there any difference between parents who have received parental skill training and who have not? Justify your answer
22. Discuss the to importance to maintain psychological health in trainers and ways avoid burnout in trainers
(2×5=10 weightage)

