

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2024
(Third Semester)

Branch – CLINICAL NUTRITION AND DIETETICS

CLINICAL HEALTH PSYCHOLOGY AND DIET COUNSELLING

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Which aspect of health is often overlooked? a) Physical b) Mental c) Social d) Emotional	K1	CO1
	2	Infer the type of intervention that is common in health promotion? a) Pharmacological b) Educational c) Surgical d) Diagnostic	K2	CO1
2	3	Which type of stress is short-term? a) Chronic b) Acute c) Prolonged d) Minor	K1	CO2
	4	Show the type of stress that can enhance performance? a) Eustress b) Distress c) Chronic d) Acute	K2	CO2
3	5	What is a key skill of a counselor? a) Teaching b) Criticizing c) Observing d) Ignoring	K1	CO3
	6	Interpret what does cognitive behavioral therapy aim to change? a) Thoughts b) Environment c) Feelings d) Behavior	K2	CO3
4	7	What type of goals are set for the near future? a) Long-term b) Short-term c) Behavioral d) Outcome	K1	CO4
	8	Relate which motivational strategy reinforces positive behavior during diet counselling? a) Affirmation b) Reflection c) Questioning d) Confrontation	K2	CO4
5	9	Select which age group requires practical approaches to nutrition education? a) Toddlers b) Adults c) Adolescents d) Seniors	K1	CO5
	10	Recall group dynamics aim to foster. a) Division b) Unity c) Arguments d) Silence	K2	CO5

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Identify the key responsibilities of a health psychologist in promoting well-being.	K3	CO1
		(OR)		
	11.b.	Develop notes on biopsychosocial model of illness.		

Cont...

2	12.a.	Construct details about the nature of pain and its significance in healthcare and well-being.	K3	CO2
	(OR)			
	12.b.	Solve how stress affects physical and mental health?		
3	13.a.	Simplify counselling and its basic characteristics.	K4	CO3
	(OR)			
	13.b.	Examine the skill of paraphrasing in counselling and its importance.		
4	14.a.	Distinguish short-term and long-term goals in diet counselling.	K4	CO4
	(OR)			
	14.b.	Inspect the role of motivational interviewing in diet counselling.		
5	15.a.	Determine the key factors to consider when implementing a group counselling program?	K5	CO5
	(OR)			
	15.b.	Estimate the role of group dynamics in delivering nutrition education.		

SECTION -C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks

(3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Examine different types of health-related behaviors and explain how they influence health outcomes?	K4	CO1
2	17	Simplify the meaning, types and theoretical perspectives of stress.	K4	CO2
3	18	Explain the essential skills of a counsellor.	K5	CO3
4	19	Judge how the common motivational strategies used in diet counselling to promote and maintain long-term behavior change?	K5	CO4
5	20	Discuss the key principles and methods for designing effective nutrition education tools for different learning styles.	K6	CO5

Z-Z-Z

END