

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**MSc DEGREE EXAMINATION MAY 2025
(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	What can reduce health disparities according to health psychology? a) Education b) Ignorance c) Denial d) Apathy	K1	CO1
	2	Summarize the significant outcome of effective health promotion. a) Increased illness b) Decreased mortality c) Higher costs d) More diagnoses	K2	CO1
2	3	What is a common psychological reaction to pain? a) Joy b) Frustration c) Acceptance d) Clarity	K1	CO2
	4	Outline the method focuses on changing thoughts to manage pain. a) Behavioral b) Pharmacological c) Physical d) Cognitive	K2	CO2
3	5	Which type of counselor skill involves rewording a client's statement? a) Summarizing b) Paraphrasing c) Listening d) Observing	K1	CO3
	6	Show the technique that encourages clients to see situations differently. a) Ignoring b) Judgment c) Reframing d) Control	K2	CO3
4	7	Recall which phase ends the counseling session? a) Resolving b) Involving c) Exploration d) Closing	K1	CO4
	8	Infer setting measurable goals relates to which type of objective? a) Specific b) General c) Broad d) Informal	K2	CO4
5	9	What is crucial for long-term behavior change in nutrition counselling? a) Willpower b) Support c) Instruction d) Control	K1	CO5
	10	Show which nutrition education tool is more suitable for younger children? a) Visual b) Auditory c) Text-based d) Abstract	K2	CO5

Cont...

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.	Construct details on the importance of health psychology in the modern healthcare system.	K3	CO1
		(OR)		
	11.b.	Identify how gender influences health and illness outcomes.		
2	12.a.	Apply the role of coping strategies in managing stress.	K3	CO2
		(OR)		
	12.b.	Identify the cognitive approaches used to manage clinical pain.		
3	13.a.	Dissect person-centered counselling and briefly explain its key principles.	K4	CO3
		(OR)		
	13.b.	Examine why observing and listening essential in counselling.		
4	14.a.	Simplify how do motivational strategies help maintain dietary behavior change in clients?	K4	CO4
		(OR)		
	14.b.	Analyze the role of nutrition counselling within the nutrition care process (NCP).		
5	15.a.	Evaluate how nutrition education differ across various age groups?	K5	CO5
		(OR)		
	15.b.	Justify how visual aids as nutritional tools helps differently abled people?		

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	Analyze the biopsychosocial model of illness and its significance in understanding health and illness.	K4	CO1
2	17	Inspect how stress contributes to the development of psychophysiological disorders.	K4	CO2
3	18	Explain basic characteristics and different types of counselling.	K5	CO3
4	19	Mark a case study scenario requiring the motivational nutrition counselling and explain how it helps to create sustainable dietary changes.	K5	CO4
5	20	Elaborate the role of effective communication in group dynamics and how active listening and feedback helps during group counselling.	K6	CO5