

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 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	Which model explains health and illness using biological, psychological, and social factors? a) Biomedical model b) Biopsychosocial model c) Psychodynamic model d) Behavioral model	K1	CO1
	2	Health psychology mainly focuses on: a) Physical activity b) Treatment by medication c) Psychological factors affecting health d) Genetics only	K2	CO1
2	3	Which of these is NOT a type of stress? a) Acute b) Chronic c) Emotional d) Growth	K1	CO2
	4	The cognitive method for managing pain focuses on: a) Medication b) Thought patterns c) Surgery d) Nutrition	K2	CO2
3	5	Which is NOT an essential skill of a counsellor? a) Listening b) Summarizing c) Paraphrasing d) Dominating conversation	K1	CO3
	6	Which theory emphasizes self-actualization in counselling? a) Cognitive Behavioral Theory b) Person-centered theory c) Biopsychosocial theory d) Psychoanalytic theory	K2	CO3
4	7	Which phase comes first in the motivational nutrition counselling algorithm? a) Resolving phase b) Exploration-education phase c) Involving phase d) Closing phase	K1	CO4
	8	Behavior change can be sustained using: a) Common motivational strategies b) Just information c) Medication only d) Punishment	K2	CO4
5	9	Group counselling is effective for: a) Individual diagnosis b) Behavior change in a population c) Laboratory tests d) Surgery	K1	CO5
	10	Which principle is essential for effective group nutrition education? a) Individual diagnosis b) Involving participants actively c) Using medication d) Focus on surgery	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.	Predict the contemporary perspectives on health and illness including the biopsychosocial model.	K3	CO1
	(OR)			
	11.b.	Express how health-related behavior can be influenced by lifespan and gender.		
2	12.a.	Classify the different types of stress, their theoretical perspectives, and their impact on physical and psychological health.	K3	CO2
	(OR)			
	12.b.	Show the coping methods used in stress management.		
3	13.a.	Explain the essential skills of an effective counsellor.	K4	CO3
	(OR)			
	13.b.	Compare person-centered counselling and cognitive behavioral therapy in the context of diet counselling.		
4	14.a.	Explain the motivational nutrition counselling algorithm and discuss common strategies used to promote and maintain behavior change in clients.	K4	CO3
	(OR)			
	14.b.	Document the different counselling approaches for a hypertensive individual.		
5	15.a.	Summarize the principles of implementing a group counselling program for nutrition education.	K5	CO5
	(OR)			
	15.b.	Explain about effective communication techniques and learning styles to facilitate behavior change in group settings.		

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	Explain the concept and importance of Health Psychology in healthcare units. Explain the roles and responsibilities of a health psychologist using relevant examples.	K4	CO1
2	17	Analyze different types of stress and their theoretical perspectives. Discuss the effects of stress on physical and mental health and explain strategies for coping and management.	K4	CO2
3	18	Explain the role of nutrition counselling in a diabetic individual.	K4	CO3
4	19	Evaluate how effective communication facilitates diet counselling for a cancer patient?	K5	CO4
5	20	Deduce a group counselling program aimed at nutrition education for a targeted population and Explain the principles of communication and learning styles that facilitate effective group counselling.	K5	CO5

Z-Z-Z

END