

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

$$(10 \times 1 = 10)$$

| 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

 $(5 \times 7 = 35)$

| Module No. | Question No. | Question | K Level | CO |
|------------|--------------|---|---------|-----|
| 1 | 11.a. | Predict the contemporary perspectives on health and illness including the biopsychosocial model. (OR) | K3 | CO1 |
| | 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. (OR) | K3 | CO2 |
| | 12.b. | Show the coping methods used in stress management. | | |
| 3 | 13.a. | Explain the essential skills of an effective counsellor. (OR) | K4 | CO3 |
| | 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. (OR) | K4 | CO3 |
| | 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. (OR) | K5 | CO5 |
| | 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

 $(3 \times 10 = 30)$

| 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 |