

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2023  
(Third Semester)

Branch – CLINICAL NUTRITION AND DIETETICS

CLINICAL HEALTH PSYCHOLOGY AND DIET COUNSELLING

Time: Three Hours

Maximum: 50 Marks

**SECTION-A (5 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

- 1 An illness/wellness continuum to represent people's differing health statuses with \_\_\_\_\_ at one end and \_\_\_\_\_ at the other.  
(i) death, optimal wellness (ii) worse-than average signs, death  
(iii) Average signs, wellness (iv) Average signs, worse-than average signs
- 2 Which amongst following is not a stage of general adaptation syndrome (GAS)?  
(i) Alarm reaction (ii) Stage of exhaustion  
(iii) Stage of resistance (iv) Allostatic load
- 3 Which in the following are not the essential skills of a counselor?  
(i) Reframing (ii) Summarizing  
(iii) Paraphrasing (iv) Scape-goating
- 4 Which amongst following are the techniques for lifestyle interventions for weight loss use?  
(i) Nutrition and exercise counseling (ii) "crash" fad diet  
(iii) Abreaction (iv) Allostatic load
- 5 Summarizing is one of the skills applied to  
(i) Individual counseling (ii) Group counseling  
(iii) None (iv) Both

**SECTION - B (15 Marks)**

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a) Briefly explain the concept of illness-wellness continuum.  
OR  
b) Explain the concept of health psychology.
- 7 a) Write briefly about the types of stress.  
OR  
b) What is clinical pain?
- 8 a) Mindfulness based therapy briefly explain.  
OR  
b) Discuss briefly Person-centered counseling.
- 9 a) What does one understand by diet counseling?  
OR  
b) Techniques used in diet counseling.

Cont...

- 10 a) Principles of counseling briefly enumerate.  
OR  
b) Write a brief note on nutrition education to different age groups.

**SECTION -C (30 Marks)**

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a) Enumerate the contemporary perspectives on health and illness.  
OR  
b) Give a historical viewpoint to health psychology.
- 12 a) Explain about the concept of stress in detail.  
OR  
b) What one understands from the term psycho-physiological disorders explain?
- 13 a) What does the essential skills of the counselor entail?  
OR  
b) Explain in detail the various theoretical perspectives to counseling.
- 14 a) What are the commonly used motivational strategies to promote and maintain behavior change, elaborate?  
OR  
b) Explain diet counseling; give the short term and long term goals for same.
- 15 a) Elaborate what is the basis for implementing a group counseling programme.  
OR  
b) Group counseling; the adversities involved elaborate in detail.

Z-Z-Z

END