



QP CODE: 26019153



26019153

Reg No :

Name :

M.Sc DEGREE (CSS) EXAMINATION, MARCH 2026

Fourth Semester

M Sc Psychology (Revised)

Core Courses - PY010402 - TRAINING PROGRAMME FOR MENTAL HEALTH

PROMOTION

2019 Admission Onwards

7A4C40F1

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. What are T-groups?
2. What are some of the negative attitudes towards disabled people?
3. What are the primary crisis assessments?
4. Behavioural and emotional skills training (BEST).
5. Skills a trainer should have to conduct a short-term training.
6. What is the need of contracting in training?
7. Why is communication an important interpersonal skill?
8. Define brain storming.
9. Critical incident.
10. Define process feedback.

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Why is it important for both parents to live together with a growing child?
12. Explain leadership training and development for corporate sector.
13. How can you conduct a short term training program for high school students?





14. What are the essential factors for pacing during training?
15. Can trainers experience burn out, if so Why?. How can it be prevented?
16. What are the essential features of warm up activities? why is it necessary?
17. What are the guidelines for using demonstration in training?
18. Why are the personal and professional ethics important in training programmes?

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

*Weight **5** each.*

19. Mention the primary conditions required for therapeutic change and emphasize the importance of unconditional positive regard in training sessions.
20. Define motivational training program and explain the motivational training activities.
21. Elaborate the types of parenting training programs.
22. Explain the different phases in presentation with examples

(2×5=10 weightage)

