

TM254679J

Reg. No : .....

Name : .....

**MASTER'S DEGREE (C.S.S) EXAMINATION, MARCH 2025**  
**2020, 2021, 2022 ADMISSIONS SUPPLEMENTARY**  
**SEMESTER IV - CORE COURSE PSYCHOLOGY**  
**PY4C13TM - Training Program for Mental Health Promotion**

**Time : 3 Hours**

**Maximum Weight : 30**

**Part A**

**I. Answer any Eight questions. Each question carries 1 weight**

**(8x1=8)**

1. Differentiate between primordial and primary prevention.
2. Differentiate between microsystem and mesosystem.
3. Elucidate different steps to effective leadership training
4. Define ethics? Why is it important?
5. Name three instruments/inventories used to assess learning styles?
6. What are the components of burnout?
7. Describe writing as a presentation skill.
8. What are warm-up activities? Why should they be used?
9. What is parking lot?
10. What is contracting in termination stage?

**Part B**

**II. Answer any Six questions. Each question carries 2 weight**

**(6x2=12)**

11. Elucidate the therapeutic approaches to mental health promotion.
12. What is the general systems theory?
13. What are the principles of crisis intervention?
14. Write a short note on different learning styles with examples
15. Write a short note on structuring presentations.
16. Write a note on types of role play.
17. How can back on the job application be promoted?
18. What are personal ethics? Why is it important?

**Part C**

**III. Answer any Two questions. Each question carries 5 weight**

**(2x5=10)**

19. Explain the needs, characteristics and methods used in encounter groups.
20. Explain the analysis phase of a training program in detail
21. What are the presentation skills required in a trainer?
22. Differentiate among presentation, lecture and demonstration as training methods.