



Hamba

AC303

Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641043, Tamil Nadu, India

17

Bachelor's Degree Examination – November 2025
III Semester

Class: II UG
Major : All Majors

Time: 3 Hours
Max. Marks: 100

23BPSGE3 Psychology and Mental Health

Course Outcomes:

- CO1: Understanding the Status of Mental Health Problem in India and the World.
CO2: Starting conversations around Mental Health and creating Mental Health awareness amongst Non-Psychology Students.
CO3: Being able to identify people suffering from common Mental Health Problems like Anxiety and Depression.
CO4: Learning to provide Psychological First Aid to People.
CO5: Understanding and Enhancing Positive Mental Health and Well-being.

Part A

10 x 1 = 10

Choose the Correct Answer

1. Mental Health refers to
a. Physical fitness
b. Academic knowledge
c. Emotional & psychological wellbeing
d. financial stability
CO1K1
2. This major challenge in mental health care in India
a. Lack of awareness and limited access to services
b. Excess of mental health professionals
c. To many hospitals
d. Easy availability of treatment
CO1K2
3. Which of the following is a mental health condition?
a. Hypertension
b. Asthma
c. Appetite
d. Anxiety
CO1K1
4. Which of the following is a preventive measure for suicide?
a. Ignoring warning signs
b. Promoting isolation
c. Encouraging secrecy
d. Gatekeeper training programs
CO2K3
5. A common symptom of anxiety is
a. Persistent sadness
b. Increased appetite
c. Excessive worry about daily life
d. High blood pressure
CO2K1
6. Which of the following is NOT a symptom of Depression?
a. Persistent sadness
b. Increased motivation
c. Loss of interest in hobbies
d. Feeling worthless
CO2K1
7. Which of the following is NOT a step in the RAPID model of Psychological First Aid?
a. Reflective listening
b. Assessment of needs.
c. Medication prescription
d. Prioritization
CO3K1
8. Recognizing the signs that someone may need support includes observing
a. Sudden mood changes.
b. Withdrawal from social activities
c. Changes in sleeping or eating patterns.
d. All the above
CO3K1
9. The primary goal of counseling in mental health care is to
a. Diagnose mental illness
b. Punish the patient
c. Provide a safe space for individuals to express their feelings.
d. Ignore the client's emotions
CO4K1
10. Which of the following is NOT part of mental health care practices?
a. Therapy
b. Guidance
c. Mentoring
d. Ignoring mental health issues
CO4K1

Part B**5 x 6 = 30****Answer ALL questions****Each answer should not exceed 400 words or two pages**

11. a. Explain the concept of mental health and apply it to a real-life examples. CO1K3
(or)
11. b. Explain the importance of maintaining good mental health. CO1K1
12. a. Discuss effective ways to reduce stigma related to mental illness and promote mental health awareness. CO1K3
(or)
12. b. Explain the signs and symptoms of Anxiety. CO2K2
13. a. Explain two situations where individuals may commonly experience anxiety, and suggest simple coping methods. CO2K2
(or)
13. b. What are the warning signs that a person may be at risk of suicide? Give examples. CO2K2
14. a. Describe at least three common signs that indicate someone may be experiencing a mental health problem. CO3K2
(or)
14. b. Why is it important to prioritize needs when providing initial help in a mental health crisis situation? CO3K2
15. a. Differentiate between counseling and therapy in the context of mental health care. CO4K2
(or)
15. b. Imagine you are a peer mentor in your school. A fellow student seems stressed, is avoiding social activities, and performing poorly in class. Apply your knowledge of mental health care practices to explain the steps you would take to help this student and improve their well-being. CO4K3

Part C**5 x 12 =60****Answer ALL questions****Each answer should not exceed 800 words or four pages**

16. a. Explain the common mental health conditions and their epidemiology in India and globally. CO1K2
(or)
16. b. Discuss the mental health issues commonly faced by adolescents and young adults. CO1K2
17. a. Develop a role-play script of a conversation between two friends: one experiencing depression and another offering support. Highlight what to say and what not to say. CO2K4
(or)
17. b. Write an essay discussing why early recognition and support are crucial in preventing anxiety, depression, and suicide. CO2K3
18. a. Describe how relationship issues with parents, friends, or romantic partners can affect mental health. CO1K2
(or)
18. b. What are the preventive measures for suicide? Explain the role of gate keepers. CO2K4
19. a. Explain in detail the steps involved in the RAPID model of Psychological First Aid. CO3K2
(or)
19. b. Discuss the barriers that prevent people from seeking help for mental health issues. CO3K3
20. a. Describe the role of peer mentoring in mental health care. Explain the benefits of peer mentoring for students. CO4K2
(or)
20. b. What is counseling? Explain its key characteristics and steps involved in the counseling process using a real-life example. CO4K4