

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
ACADEMIC YEAR 2022/2023- SEMESTER II



BSC HONS IN PSYCHOLOGY  
PLU5302 – MENTAL HEALTH AND PSYCHOSOCIAL WELLBEING - LEVEL 5  
CONTINUOUS ASSESSMENT TEST – NBT I  
DURATION: 1 ½ HOURS

DATE: 07.06.2023

TIME: 11.30 am-1.00pm

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**IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES**

- This question paper consists of 09 pages with TWO sections.
- **Section 1: 20 Multiple Choice Questions - (40 Marks)**
- **Section 2: 12 Short Answer Questions - (60 Marks)**
- Write your INDEX NO in the space provided.
- **Multiple Choice Questions (Section 1):** Indicate answers in the ANSWER SHEET provided by placing a cross (X) in INK in the relevant cage (answers in pencil will NOT be marked)
- **Short Answer Questions (Section 2):** Write the answer within the space provided.
- Do NOT remove any page/part of this question paper from the examination hall.
- Do NOT keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

**SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)**

- 1.1 Which of the following can be considered as the definition of health given by the World Health Organization in 1948?
- a A state that the individual feels good in physically and mentally and is able to cope well with the social pressures and challenges.
  - b A state of exclusive positive outlook towards one's personal, professional and academic life which consist hedonistic positive emotions.
  - c A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
  - d A state of absence of disease or infirmity as the individual is in complete positive physical and mental condition.
- 1.2 Which of the factor includes in Carol Ryff's multi-dimensional model of psychological well being?
- a Autonomy
  - b Congruence
  - c Naturalistic growth
  - d Resilience
- 1.3 Different signs and symptoms can be observed in children with Post-traumatic Stress Disorder (PTSD). Which of the following can be identified as a sign/symptom of children with PTSD?
- a Delayed growth
  - b Bedwetting
  - c Hearing loss
  - d Hives
- 1.4 There are many factors contributing to the circumstances of an adolescent, which of the following can be considered as the meaning of a 'perpetuating factor'?
- a The factors that aggravate the problematic situation by increasing vulnerabilities.
  - b The factors which protect the individual from faced adversities and challenges.
  - c The factors that risk continue and weaken support and coping.
  - d The factors that are already existing and causing vulnerability.
- 1.5 The resilience of individuals and communities is interrelated Which of the following best describes psychosocial resilience?
- a A process of adapting positively, of continuing to develop personally in response to a change.
  - b A process of ability to bounce back when circumstances are challenging while maintain tough physical and mental stamina.
  - c A process of being able to cope whatever the circumstances person face.
  - d A process of applying safe, effective practices and achieve a stable goal.

- 1.6 Which of the following best describes “psychosocial intervention”?
- It assists a person with social conditions or unhealthy life habits to improve their well-being and their relationship with society as a whole.
  - It assists a person with the mental disorders or unhealthy life habits to improve their mental health condition using medicinal procedures.
  - It assists a person with social disorders or unhealthy life habits to improve their physical condition using invasive procedures.
  - It assists a person with the mental disorders or unhealthy life habits to improve their social relationships using exposure techniques.
- 1.7 Mental health and Psychosocial practitioners discuss the need of a common framework for psychosocial interventions. PWG Framework stand for
- The Psychosocial Wellbeing Growth
  - The Psychosocial Working Group
  - The Psychosocial Wellbeing Group
  - The Psychosocial Working Growth
- 1.8 Which of the following statements best describes the “Cognitive Model”?
- Psychological distress is a form of neurological defect responsible for the abnormal behaviour pattern.
  - Exclusively the early childhood experiences cause the psychological distress.
  - Negatively biased cognition is a core process in psychological distress.
  - The role of unconscious processes and defense mechanisms in the determination of psychological distress.
- 1.9 There are several determinants of psychosocial well-being. Which of the following can be identified as the determinants of psychosocial wellbeing in PWG Framework?
- Human capacity, Cultural and economic, Physical and mental well-being, Material environment.
  - Human capacity, Culture and values, Resilience, Physical and mental well-being.
  - Human capacity, Social ecology, Resilience, Physical and mental well-being.
  - Human capacity, Social ecology, Culture and values, Material environment.
- 1.10 Psychologists and theorists use different age ranges for different developmental stages in one’s life. The UN Convention on the Rights of the Child (1989) defines adolescence as the individual aged
- between 0 and 18 years.
  - between 10 and 19 years.
  - between 13 and 18 years.
  - between 10 and 18 years.

- 1.11 Which of the following describes the four processes of protective factors in adolescents?
- a Familial processes, Extra-familial environmental processes, Self-system processes, Individual characteristics.
  - b Familial processes, environmental processes, Self-system processes, Resilience & coping processes
  - c Familial processes, Extra-familial environmental processes, Individual characteristics, Resilience & coping processes
  - d Familial processes, environmental processes, Self-system processes, Individual characteristics.
- 1.12 According to Erikson's psychosocial development, individuals experience different crisis in each developmental stage. What is the crisis that individuals experience? During the adolescence?
- a Autonomy vs. Shame & doubt
  - b Industry vs. Inferiority
  - c Identity vs. Role confusion
  - d Integrity vs. Despair
- 1.13 Which of the following best describes gender-based violence?
- a Physical, sexual or psychological harm or suffering, threats of such acts, coercion or arbitrary deprivation of liberty to women.
  - b Physical, sexual or psychological harm or suffering to women or children.
  - c Physical, sexual or psychological harm or suffering to an individual in any gender.
  - d Physical, sexual or psychological harm or suffering to children.
- 1.14 Which of the following statements best describes "Victim Centered approach"?
- a It is about the stigmatization, criticism and victim blaming take priority in matters and procedures.
  - b It is about the coping techniques and procedures elaborate in avoiding victimization.
  - c It is about the rules, regulations and methodology take priority in victimization.
  - d It is about the victim's wishes, safety, and well-being take priority in all matters and procedures.
- 1.15 Which of the following statements best describes "disaster"?
- a A disaster is an exclusive man-made situation.
  - b A disaster may be caused by nature or have human origins.
  - c A disaster always receives widespread media coverage.
  - d A disaster may have a known and instant onset.

- 1.16 Which of the following individuals take the responsibility for securing the scene, preserving life and treating the wounded?
- a First responders
  - b Mental health professionals
  - c Social workers who specialize in crisis management
  - d All citizens
- 1.17 “The disability as a dysfunction of the body directly caused by disease, trauma or other health condition.” Which of the following models explains this?
- a The Social Model of Disability
  - b The Biophysical Model of Disability
  - c The Medical Model of Disability
  - d The Equality Model of Disability
- 1.18 What is the main outcome of successfully completing the fifth stage of psychosocial development?
- a Competence
  - b Will
  - c Fidelity
  - d Love
- 1.19 Which of the following best describes the main causes of Gender Based Violence?
- a Power imbalance and gender inequalities.
  - b Mental and physical health issues.
  - c Alcohol, drugs, substance or other behavioural addiction.
  - d Personal beliefs on gender and stigmatization.
- 1.20 Which one of the following main areas identified under the “World Programme of Action Concerning Disabled People” in UN disability policy?
- a Well-being
  - b Mobility
  - c Distribution
  - d Prevention

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**ANSWER SHEET FOR SECTION-1**

Q. No.	(a)	(b)	(c)	(d)
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**SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)**

**All Questions are compulsory**

2.1 Draw and identify the intervention pyramid for mental health and psychosocial support in emergencies according to IASC Guidelines (2007). (5 Marks)

2.2 Identify three (03) factors that led to the emergence and growth of the MHPSS sector in Sri Lanka. (5 Marks)

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2.3 Briefly explain psychosocial support with an example. (5 Marks)

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2.4 Identify five (05) challenges in provision of Psychosocial Support for Mental Health in Sri Lanka. (5 Marks)

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2.5 Briefly explain what PADHI framework is. (5 Marks)

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2.6 Provide three (03) reasons to consider that the gender-based violence is a serious health issue in Sri Lanka. (5 marks)

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2.7 Identify four (04) main barriers faced by the disabled people in accessing their rights according to the “World Report on Disability”. (5 Marks)

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2.8 Define “Disaster Responsiveness”? (5 Marks)

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2.9 Name three (03) priorities for action in facing disasters according to the Hyogo Framework for Action. (5 Marks)

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**2.10** Adolescence is a phase in life that starts during our childhood and ends at the onset of young adulthood. Identify three (03) main characteristics in adolescents as a developmental milestone? (5 Marks)

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**2.11** “Adolescents can be influenced positively and negatively by the peers’. Provide three (03) reasons to support the statement. (5 Marks)

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**2.12** According to Martin Seligman, what are the main aspects that contribute to one’s wellbeing? (5 Marks)

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-----END OF QUESTION PAPER-----

