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THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2024/2025– SEMESTER II

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

DATE: 09th July 2025 TIME: 11.30AM – 1.00PM

INDEX NO: .....

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 The term 'mental health and psychosocial support' (MHPSS) refers to any local or outside support that aims to protect or promote or prevent ..... or ..... conditions.

a. Psychosocial well-being or mental health
b. Psychosocial support enhances mental well-being
c. Medical support or treatment of mental disease
d. Mindfulness or psychosocial wellbeing

1.2 Which of these elements does Carol Ryff's multifaceted model of psychological well-being include?

a. Personal growth
b. Resilience
c. Ethics
d. Spiritual

1.3 Which of the following signs and symptoms are exhibited by children with Post Traumatic Stress Disorder (PTSD)?

a. Auditory Hallucinations
b. Feel depressed or grouchy
c. Elimination disorders
d. Sexual Dysfunction

1.4 Which of the following describes the process and outcome of successfully adapting to challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands?

a. Case Management
b. Attachment
c. Resilience
d. Relaxation

1.5 What does the PWG Framework stand for?

a. The Psychosocial Working Group
b. The Psychosocial Wellbeing Group
c. The Psychosocial Wellbeing Growth
d. The Psychosocial Working Growth

1.6 Which of the following best describes "a serious disruption of the functioning of a community or a society at any scale due to hazardous events interacting with conditions of exposure, vulnerability, and capacity, leading to one or more of the following: human, material, economic, and environmental losses and impacts"?

a. Tsunami
b. Hurricane
c. Flooding
d. Disaster

1.7 Which of the following models describes a theoretical view of thought and mental operations, that provides explanations for observed phenomena and makes predictions about an unknown future?

a. Psychosocial model
b. Behavioural model
c. Cognitive model
d. Biological model

1.8 According to the PWG Framework, which of the following factors , influence psychosocial wellbeing?

a. Human capacity, social ecology, resilience, physical and mental well-being
b. Human capacity, social ecology, culture and values, material environment.
c. Human capacity, culture and values, resilience, physical and mental well-being.
d. Human capacity, economic, physical, and mental well-being, material environment.

1.9 "..... is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being". Which of the following is the correct answer for the above statement?

a. Psychosocial Health
b. Mental Health
c. Physical Health
d. Environmental Health

1.10 "....." is a new term to comprehend the already established factors involved in mental health and psychological well-being. This term has not been specifically defined and explained within the framework of psychology.

a. Psychological Wellbeing
b. Social Wellbeing
c. Psychosocial Health
d. Social Health

1.11 "Adolescence is a crucial period with impressive emotional changes". Which of the following emotional disorders are common among adolescents worldwide?

a. Stress, anxiety, and depression
b. Aggression, violence, and stress
c. Social anxiety, isolation, and ignorance
d. Depression, suicide, homicide

1.12 According to Erik Erikson's theory of psychosocial development, which of the following developmental conflicts is experienced during adolescence?

a. Industry vs. Inferiority
b. Identity vs. Role confusion
c. Autonomy vs. Shame & Doubt
d. Integrity vs. Despair

1.13 "Women and girls are disproportionately affected by Gender Based Violence, and they are more likely to be exposed to it when they are displaced". Which of the following are examples of gender-based violence?

a. Discrimination and violence against women
b. Violence against men and women
c. Physical and sexual abuses
d. Domestic violence and sexual harassment

1.14 "..... is a serious violation of human rights and a life-threatening health and protection issue. When people flee their homes, they are often at greater risk of physical, sexual and psychological violence, such as rape, sexual abuse, trafficking and forced prostitution". Which of the following is the correct answer?

a. Domestic Violence
b. Gender-based violence
c. Violence against men and women
d. Marital rape

1.15 "..... refer to the adverse psychological and social outcomes of a disaster or emergency". Which of the following is the correct answer?

a. Mental health problems
b. Biomedical model
c. Psychosocial impacts
d. Psychological problems

1.16 "..... results from the interaction between individuals with a health condition, such as cerebral palsy, Down syndrome, and depression, with personal and environmental factors including negative attitudes, inaccessible transportation and public buildings, and limited social support". Which of the following is the correct answer?

a. Mental Retardation
b. Disability
c. Brain Disorder
d. Chromosomal Abnormalities

1.17 ".....refers to a state of emotional suffering associated with stressors and demands that are difficult to cope with in daily life". Which of the following is the correct answer?

a. Psychological distress
b. Mental stress
c. Stress and anxiety
d. Post-traumatic stress

1.18 ".....attribute psychological difficulties to dysfunctional patterns of interaction and emphasize that we are social beings, and much of what we are is a product of our relationships with others". Which of the following is the correct answer?

a. Interpersonal attraction
b. Interpersonal relationship
c. Interpersonal theories
d. Interpersonal conflicts

1.19 "According to ....., people's excessive affect and dysfunctional behaviour is due to inappropriate ways of interpreting their experiences". Which of the following is the correct answer?

a. behavioural theorists
b. cognitive theorists
c. humanistic theorists
d. structural theorists

1.20 Which of the following policies provides a foundation for sustainable and transformative change towards disability inclusion throughout all pillars of the organization's work?

a. United Nations Policy for Mental Health
b. United Nations Disability Studies
c. United Nations Disability Inclusion Strategy
d. United Nations Refugee Policy

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INDEX NO: .....

ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
1.1				
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SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory.

2.1 Explain the elements that contributed to the MHPSS sector's formation. (05 Marks)

2.2 Give an example to illustrate what psychosocial support is. (05 Marks)

2.3 Give a brief explanation of the PADHI framework and list its main components. (05 Marks)

2.4 Describe two mental health problems that occur due to a disaster situation in brief. (05 Marks)

2.5 Describe the major discussions that shaped the development of MHPSS sector. (05 Marks)

2.6 Briefly explain the key psychosocial issues due to a man-made disaster situation. (05 Marks)

2.7 Explain the two main causes of Gender Based Violence (GBV). (05 Marks)

2.8 Define the term "Psychosocial Recovery". (05 Marks)

2.9 Discuss the difference between "psychosocial support" and "psychosocial interventions". (05 Marks)

2.10 Describe "power" and "identity" as one of the moderators of well-being. (05 Marks)

2.11 Explain "equality" and disability" in brief. (05 Marks)

2.12 Briefly explain the term "disaster responsiveness". (05 Marks)

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