THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
2022/2023 – SEMESTER II – FINAL EXAMINATION

BSC (HONS) IN PSYCHOLOGY
PLU5302 – MENTAL HEALTH AND PSYCHOSOCIAL WELL-BEING – LEVEL 5
FINAL EXAMINATION PAPER
DURATION: 03 HOURS

DATE: 05.09.2023 TIME: 1.30 pm- 4.30 pm

SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)

Choose 04 out of the 06 questions given below and answer using the provided answer sheets

2.1 "Nimal is suffering from depression, but he hides his condition from others due to the fear that the other's may humiliate him and feel that he is a weak person".

a) Explain the term "Stigma". *(5 marks)*

b) Elaborate the impact of stigma on Nimal and the family according to the case study given. *(5 marks)*

c) Describe the "Health System Responsiveness" according to "The World Health Organization". *(5 marks)*

2.2 "Resilience is a term borrowed from applied physics and engineering, referring to the ability of materials to return to its original shape when placed under stress".

a) Define psychosocial resilience according to Boyden & Mann (2005) and describe the application of the two integral aspects related to psychosocial resilience in Sri Lankan context with examples. *(7 marks)*

b) Apply Resnick's protective factors (2000) and explain with examples how do these protective factors help in developing adolescents' life. *(8 marks)*

2.3 "Psychosocial Practice" is an intervention or a way of working sensitively to promote social justice.

a) Describe the six principles to guide psychosocial practice According to the Inter-Agency Standing Committee (IASC, 2007) guidelines on mental health and psychosocial support in emergency settings. *(5 marks)*

b) Draw and explain the intervention pyramid to facilitate multi layered support according to the Inter-Agency Standing Committee (IASC) (2007) in brief. *(5 marks)*

c) Explain the importance of psychosocial intervention method adhering to the principle of Do No Harm with examples. *(5 marks)*

2.4 "Psychosocial assessment tools help to measure and identify the psychosocial impact of disaster or crisis on population, including psychosocial wellbeing and coping".

a) Describe 05 importance of using Psychosocial assessment tools with examples. *(5 marks)*

b) Evaluate the two main types of assessments in mental health and psychosocial support with examples. *(10 marks)*

2.5 "Psychosocial wellbeing goes beyond in meaning to include "good life" and "good health".

a) Define the six-factor model or the multi-dimensional model of psychological wellbeing. *(6 marks)*

b) Explain why the Psychosocial Working Group (PWG) Framework can be applied in the Sri Lankan context? *(9 marks)*

2.6 Write an essay on the gender-based violence in Sri Lanka.
Your answer needs to cover the main types of Gender-based violence, the consequences of gender-based violence and what induced Gender-based violence in Sri Lankan context.

(15 marks)

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