

Reg. No.:



Name:

University of Kerala

W6602

Third Semester FYUGP Degree Examination, November 2025

Value Addition Courses

PSYCHOLOGY

UK3VACPSY201 - PSYCHOLOGICAL FIRST AID: THEORY AND PRACTICE

Academic Level: 200-299

2024 Admission

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark Each.Answer all questions

Qn No.	Question	CL	CO
1	Which of the following is true about psychological first aid? Options : A)A form of psychotherapy B)Should be implemented by mental health professionals only C)Mental health analogue to physical first aid D)Diagnosing the illness is its main goal	RE	2
2	Spielberger's State-Trait Anxiety Inventory (STAI) measures: Options : A)Physical fatigue and sleep disturbance B)Anxiety as a temporary and enduring condition C)Social connectedness D)Coping strategies	RE	1
3	Which of the following is a "Don't" in PFA practice? Options : A)a) Ensure safety B) b) Offer reassurance C)c) Force individuals to relive trauma D) d) Maintain confidentiality	UN	4
4	Hobfoll's principle "promotion of efficacy" focuses on: Options : A)a) Enhancing belief in one's ability to cope B)b) Strict rule enforcement C)c) Immediate medical diagnosis D)d) Disaster recovery funding	UN	3
5	Which best describes "emotional needs" during a disaster?	UN	1

Qn No.	Question	CL	CO
	Options : A)Requirement for food and shelter B)Support from government agencies C)Feelings of fear, anxiety, or grief D)Access to safe drinking water		
6	What is the aim of the 'I' in RAPID? Options : A)a) Collecting personal information B) b) Intervention to stabilize acute distress C) c) Providing housing D)d) Conducting legal paperwork	UN	2

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Explain ABC model and its importance?	UN	2
8	Summarize why vulnerable groups(like children or elderly) receive special attention during Psychological First Aid.	UN	4
9	Apply the steps of disaster preparedness to reduce the impact of a flood	AP	1
10	What strategy would you use to comfort a child separated from parents in a flood?	AP	2

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	A) Apply the RAPID model to explain how Psychological First Aid can be provided to a person immediately after a crisis. OR B) A child in a temporary disaster shelter is crying and refuses to talk to anyone. They look hungry and tired. You are a PFA provider.Apply your knowledge of Psychological First Aid to describe the steps you would take to support this child. Include how you would address their physical, emotional, and safety needs.	AP	4, 4
12	A) Analyse the major barriers faced by PFA providers when attempting to deliver support in large, overcrowded relief camps.	AN	1, 1

Qn No.	Question	CL	CO
	<p>OR</p> <p>B)</p> <p>Analyze the physical, emotional, and security needs of the affected population using the 2018 Kerala flood as a case study,</p>		
13	<p>A)</p> <p>Evaluate the follow up plan for children separated from parents during an earthquake. are there gaps that might affect long term mental health and how would you address them?</p> <p>OR</p> <p>B)</p> <p>Imagine you are part of a relief team after a major flood. How would you assess and address the physical and emotional needs of the affected people? Provide examples from similar real-life disaster responses.</p>	EV	3, 1
14	<p>A)</p> <p>Prepare an article for a college magazine highlighting the significance of psychological first aid training among students</p> <p>OR</p> <p>B)</p> <p>Formulate guidelines for PFA providers on the do's and don'ts while working in group settings after a disaster</p>	CR	2, 5