

**BA PSYCHOLOGY  
FIRST SEMESTER  
PSYCHOLOGICAL FIRST AID  
BPY – 912 [IDMn]**

**SET  
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Full Marks: 35

Duration: 1.30 hrs.

**(Objective)**

Marks: 10

Time: 15 mins.

$1 \times 10 = 10$

*Choose the correct answer from the following:*

1. What does "CN" in PCNS stand for?
  - a. Compiled norms
  - b. Counselling Needs
  - c. Counselling norms
  - d. College Needs
2. Which term best describes the nature of PFA interventions?
  - a. Invasive
  - b. Non-Intrusive
  - c. Medical
  - d. Hypnotic
3. What is the primary goal of Psychological First Aid?
  - a. Long term therapy
  - b. Immediate emotional support
  - c. Diagnosing mental illness
  - d. Medically treating injuries
4. What is the first step in the counseling process?
  - a. Setting goals
  - b. Building rapport
  - c. Termination
  - d. Intervention
5. The 'Action' stage in counseling primarily involves:
  - a. Making objectives
  - b. Understanding feelings
  - c. Implementing agreed upon strategies
  - d. Building trust in the bond
6. Who can provide Psychological First Aid?
  - a. Only Licensed health professionals
  - b. Medical doctors
  - c. Family members of the individual
  - d. Anyone with a training in PFA
7. Which of the following skills is essential in both PFA and counseling?
  - a. Critical thinking
  - b. Active listening
  - c. Persuasion
  - d. Problem solving
8. Psychological First Aid can be seen as a preliminary step in the counseling process because it:
  - a. Provides individuals with long-term solutions
  - b. Prepares individuals for deeper therapeutic work if needed
  - c. Focuses only on physical health
  - d. Immediately diagnoses mental health disorders

9. Which of the following is a key difference between PFA and counseling?
- a. PFA is a short-term intervention, while counseling can be longer-term
  - b. PFA involves medication, while counseling does not
  - c. PFA only works with children, whereas counseling is for adults
  - d. PFA is supportive, whereas Counseling is non-supportive
10. Which of the following is the first step when practicing PFA on yourself?
- a. Identifying your sources of stress
  - b. Ignoring distressing emotions
  - c. Planning for long-term therapy
  - d. Avoiding reflection on feelings

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**(Descriptive)**

Time : 1 Hr. 15 Mins.

Marks : 25

[ Answer question no.1 & any two (2) from the rest ]

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|---|----|
| 1. Is Professional counselling related to the study Psychological First Aid? Interpret your own understanding on the topic. | 5  |
| 2. What is Psychological First Aid? Discuss the different components of Psychological First Aid in detail.                  | 10 |
| 3. Define Counselling. Explain the various stages of the process of Counselling with examples.                              | 10 |
| 4. How can an individual administer Psychological First Aid on self, in time of crisis? Elucidate.                          | 10 |
| 5. Elaborate the PCNS scale. Discuss the importance of counselling needs amongst adolescents and young adults.              | 10 |

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