

Term End External Examination 1<sup>st</sup> Semester (Session-Feb 2025)

Subject: Skill Enhancement Course

Course No and Title: PSY122S/ Psychological First Aid

Time: 1.15 hours                      Max Marks:50                      Min. Marks:20

Section A: Objective Type Questions

**Q1. Choose the appropriate Answer: (4x1.5=06)**

**i. Psychological First Aid does not entail**

- A Supportive and B To foster natural coping and  
compassionate presence resilience mechanisms  
during distress  
C Diagnosis and treatment D To facilitate access to  
continued support or higher-  
level care

**ii. The determination of the urgency of need for intervention is referred as**

- A Stabilization B Psychological triage  
C Assessment D Supportive communication

**iii. The ‘intervention’ step in RAPID model of Psychological First Aid is administered only**

- A Once physical and medical B State of physical and medical  
needs are addressed needs is not important  
C Before addressing physical D None of these  
and medical needs

**iv. Cognitive behavioural technique is used to reduce acute distress under which step in ‘RAPID’ Model**

- A Prioritization B Disposition  
C Reflective Listening D Intervention

Section-B: Descriptive Type Questions (Short Type)

**Q2: Answer all the Questions (4 x 4 =16)**

- i. Explain ‘RAPID’ acronym?  
ii. What are the distilled core components of psychological first aid?

iii. Define cognitive behaviour therapy

iv. Explain reflective listening?

Section – C: Descriptive Type Questions (Medium Type)

**Answer all the questions: (2 x 7=14)**

**Q3.** What are the common psychological and behavioral reactions that arise in the wake of trauma and disaster?

**OR**

Enlist core competencies that are essential in applying psychological first aid?

**Q4.** Discuss prioritization as a functional assessment of needs in RAPID model?

**OR**

What does ‘disposition’ entail under RAPID model?

Section – D: Descriptive Type Questions (Long Type)

**Answer any one of the following: (1 x 14=15)**

**Q5.** Define psychological first aid (PFA) and provided a brief developmental history?

**Q6.** What strategies are required for promoting the implementation and proliferation of psychological first aid for managing different community disasters?