

**Fourth Semester FYUGP Degree (Reg) Examination April
2026**

KU4SECPSY200 - PSYCHOLOGICAL FIRST AID

2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

Section A

Answer any 6 questions. Each carry 2 marks.

1. What is empathy?
2. What are communication skills in PFA?
3. What is the primary time frame for delivering PFA?
4. Who can provide PFA?
5. What is reflective listening?
6. What is meant by "service linkage" in PFA?
7. What are the different types of traumatic events?
8. Identify two harmful coping methods individuals might use to manage traumatic stress.

Section B

Answer any 4 questions. Each carry 6 marks.

9. Elaborate the importance of empathy in crisis intervention.
10. Explain how to identify and respond to immediate needs of affected people.
11. A disaster survivor is confused about available relief services and appears withdrawn. Analyze how the Link component of PFA should be applied in this situation.
12. Distinguish between Physical and Sexual Abuse
13. Explain the connection between trauma and physical health.
14. Discuss the psychological responses immediately following a traumatic event.

Section C

Answer any 1 questions. Each carry 14 marks.

15. Explain different ways to calm a person during a crisis.
16. Explain the role of a PFA provider based on its principles and goals.