



K25P 2942

Reg. No. :

Name :

III Semester M.Sc. Degree (C.B.C.S.S. – OBE-Reg./Supple./Imp.)

Examination, October 2025

(2023 Admission Onwards)

COUNSELLING PSYCHOLOGY

Open Elective Course

MSCPS03O01 : Stress Management

Time : 3 Hours

Max. Marks : 60

SECTION – A

Answer **any five** questions. **Each** carries 3 marks.

1. Explain Selye's law.
2. What is fatal familial insomnia ?
3. Explain resilience.
4. Explain mindfulness.
5. What are imaginary images ?
6. Define stress and coping.

(5×3=15)

SECTION – B

Answer **any three** questions. **Each** carries 5 marks.

7. Explain the significance of social support and health in coping.
8. How can breathing and biofeedback help in the management of stress ?
9. Detail on coping styles.

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10. Explain the role of stress in illness

11. How can stress affect sleep ?

(3×5=15)

SECTION – C

Answer any three questions. **Each** carries **10** marks.

12. Detail on the responses to stress.

13. What personal and situational factors determine coping ?

14. Detail on yoga as a technique to manage stress.

15. Elaborate on multimodal transactional model and Lazarus view on stress.

16. Explain the effect of stress on nervous system and how stress adds to anxiety and depression.

(3×10=30)

