

<b>C-0725</b>
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<b>Sub. Code</b>
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<b>96011</b>
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**P.G. DIPLOMA EXAMINATION, APRIL 2019**

**Non-Semester**

**Mental Health**

**INTRODUCTION TO MENTAL HEALTH**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define Abnormality.
2. Define Mental health.
3. What do you mean by Resilience?
4. Name two International agencies for Mental health.
5. What is Positive Mental Health?
6. Mention the connections between Body- Mind - Stress.
7. What are the positive religious practices in promoting mental health?
8. What is Burden of Mental Disorders?
9. What is Stigma in Mental Health?
10. What are tertiary strategies of prevention?

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Discuss the ways to classify the Mental Disorders.  
Or  
(b) Describe the National scenario of Mental health.
12. (a) Explain the Drivers of Resilience.  
Or  
(b) Describe the Habits that promote mental health.
13. (a) Discuss the Stress cycle.  
Or  
(b) Explain the Stress management methods.
14. (a) Describe the concept of Treatment Gap.  
Or  
(b) Explain the resources for treatment in mental health.
15. (a) Describe the objectives of prevention of mental health problems.  
Or  
(b) Explain the challenges while implementing the mental health programmes in rural areas.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Discuss the Myths and Misconceptions of Mental Health.  
Or  
(b) Explain the importance of understanding Positive Mental health.

17. (a) Explain the role of Religion in Mental Health with examples.

Or

- (b) Describe the various forms of burden of Mental disorders.

18. (a) What are the various methods to Prevent the Mental health problems?

Or

- (b) Explain the salient features of National Mental Health Programme.
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**C-0726**

**Sub. Code**

**96012**

**P.G. DIPLOMA EXAMINATION, APRIL 2019**

**Non-Semester**

**Mental Health**

**PSYCHOPATHOLOGY IN CHILDHOOD AND  
ADOLESCENCE**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is Hippocampus?
2. What is Neurotransmitter?
3. Define Asperger Syndrome.
4. What do you mean by Speech Disorders?
5. Define Axis in DSM.
6. What is Schizoid Personality Disorder?
7. Define Internet Addiction.
8. What is Somnambulism?
9. What is Concept of use and abuse?
10. What do you mean by Inhalants?

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Discuss the Types and Role of Neurotransmitters.  
Or  
(b) Describe the Case history and Mental Status Examination.
12. (a) With relevant examples distinguish Psychoses with Neuroses.  
Or  
(b) Explain the Types of Mental Retardation.
13. (a) Explain the Specific Learning Disability.  
Or  
(b) Describe the Management of ADHD.
14. (a) Explain about Alcohol Abuse with example.  
Or  
(b) Describe the Diagnostic Criteria for Schizotypal Personality disorder.
15. (a) Explain the Management of Solvent Abuse disorder.  
Or  
(b) Discuss the Psycho social factors for Alcoholism.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Explain about Multi axial System and its significance.  
Or  
(b) Discuss the Management of Autism.

17. (a) Explain the Management of Borderline Personality Disorder.

Or

(b) Explain the types of Eating Disorders with examples.

18. (a) Describe the Different Types of Sleep Disorders.

Or

(b) Explain the Management of Opioid Dependency.

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**C-0727**

**Sub. Code**

**96013**

**P.G. DIPLOMA EXAMINATION, APRIL 2019**

**Non-Semester**

**Mental Health**

**PSYCHOPATHOLOGY IN ADULTHOOD**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is Abnormality?
2. Define Generalised Anxiety disorder.
3. What are the Diagnostic criteria for depression?
4. Define Schizophrenia form disorder.
5. What is Bipolar Disorder?
6. Mention the Types of Amnesia.
7. What is Vascular dementia?
8. What do you mean by Sex therapy?
9. What is Hypochondriasis?
10. What is Conversion Disorder?

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Explain the Different Types of Phobia.  
Or  
(b) Describe the Management of OCD.
12. (a) Explain the Prevalence and Prognosis of unipolar depression.  
Or  
(b) Describe the Depression in Later life.
13. (a) Discuss the First rank symptoms.  
Or  
(b) Explain the Treatment for schizophrenia.
14. (a) Describe the Causes and treatment for Delirium.  
Or  
(b) Explain the Genetic contributors to Alzheimer type.
15. (a) Discuss the Deviant Sexual Behaviours.  
Or  
(b) Explain the Conversion Disorder.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Explain in detail the Management of Agoraphobia.  
Or  
(b) Discuss the Epidemiology of Post traumatic stress disorder.



17. (a) Explain the types of Schizophrenia with examples.

Or

(b) Explain the symptoms and Management of Dementia.

18. (a) What is Paraphilia? What are the various methods to treat them?

Or

(b) Describe the Somatization Disorder and its treatment.

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<b>C-0728</b>
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<b>Sub. Code</b>
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<b>96014</b>
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**P.G. DIPLOMA EXAMINATION, APRIL 2019**

**Non Semester**

**Mental Health**

**FUNDAMENTALS OF COUNSELLING**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is functional behaviour?
2. Define counselling.
3. Write the drivers of behavior.
4. Define relationship pyramid.
5. What is Eclectic counselling?
6. Define unconditional positive regard.
7. Write four types of responses in counselling.
8. What is interpretative response?
9. Define empathy.
10. Write the types in attending skills.

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Explain the need for counselling in schools.  
Or  
(b) Write short notes on assumptions of behaviour.
12. (a) Describe the importance of relationship in counselling process.  
Or  
(b) Write short note on probing response.
13. (a) Explain problem solving skill.  
Or  
(b) Explain about the ethics in counselling practices.
14. (a) Write short notes on relationship pyramid and therapeutic relationship.  
Or  
(b) Write short note on concept of behaviour.
15. (a) Give details on listening skill.  
Or  
(b) List out the responsibilities of a counsellee in counselling process.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Differentiate counselling and advice.  
Or  
(b) Explain objectives of counselling.

17. (a) Elucidate the connection between thoughts, feelings and behaviour.

Or

- (b) Describe approaches of counselling.

18. (a) Probing and understanding responses in counselling process – Discuss.

Or

- (b) Give details on skill of empathy and decision making skill and other basic counselling skills required for a counsellor.
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**C-0729**

**Sub. Code**

**96015**

**P.G. DIPLOMA EXAMINATION, APRIL 2019**

**Non-Semester**

**Mental Health**

**PSYCHO SOCIAL REHABILITATION**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is impairment?
2. What is reintegration?
3. What is intervention?
4. Define counseling?
5. Who are all care givers?
6. Define coping.
7. What is transitional employment?
8. What is the difference between empowerment and employment?
9. What is livelihood?
10. Define stakeholders.

**Part B****(5 × 5 = 25)**Answer **all** questions.

11. (a) Describe the principles and process of rehabilitation.
- Or
- (b) Explain the concept of impairment and handicap.
12. (a) Describe the concept of recovery.
- Or
- (b) Write a detail, note on meditation.
13. (a) Explain the role of caregivers in psycho social rehabilitation.
- Or
- (b) Describe community care in mental health.
14. (a) Describe the role of stakeholders in employment.
- Or
- (b) How employment reduces poverty among the people?
15. (a) Describe the challenges in promotion of livelihood.
- Or
- (b) Write a detail, note on analysis of Assets.

**Part C****(3 × 10 = 30)**Answer **all** questions.

16. (a) Explain institution and community based Rehabilitation.
- Or
- (b) Explain rehabilitation intervention through yoga and meditation.

17. (a) Explain the types of care givers and issues faced by the care givers.

Or

- (b) Describe the importance and types of employment.

18. (a) Describe advantages and disadvantages of reintegration.

Or

- (b) Explain the skills development in rehabilitation intervention.
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<b>Sub. Code</b>
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<b>96016</b>
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**P.G. DIPLOMA EXAMINATION, APRIL 2019**

**Non-Semester**

**Mental Health**

**COMMUNITY MENTAL HEALTH**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is community mental health?
2. Who are all mental health professionals?
3. What is the difference between stigma and discrimination?
4. Name five community based organizations?
5. What is non adherence?
6. Define Resource.
7. What are the most common types of mental illnesses?
8. What is psychiatric emergency?
9. Who is expected to carry out a risk assessment?
10. What is disempowerment?



**Part B****(5 × 5 = 25)**Answer **all** questions.

11. (a) Explain the type of community.  
Or  
(b) Describe the role of community based organisations in mental health service.
12. (a) Describe community engagement as a strategy.  
Or  
(b) Write a detail, note on practices of stigma reduction strategies.
13. (a) Explain the importance of treatment adherence.  
Or  
(b) Describe resource mapping and its constraints.
14. (a) What are the causes of homelessness?  
Or  
(b) Write a detail, note on causes of mental illness.
15. (a) Describe the challenges in management of psychiatric emergencies.  
Or  
(b) Write a detail, note on types of suicides.

**Part C****(3 × 10 = 30)**Answer **all** questions.

16. (a) Can mental illness be overcome? How do you overcome mental illness?  
Or  
(b) Explain the protocol to be followed in managing the psychiatric emergencies.

17. (a) Describe the connection between mental illness and homelessness.

Or

- (b) Write a detail, note on resource mobilization and utilization.

18. (a) Describe the effect of stigma and discrimination in community mental health.

Or

- (b) Explain violence and risk management.
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**C-0731**

**Sub. Code**

**96017**

**P.G. DIPLOMA EXAMINATION, APRIL 2019**

**Non-Semester**

**Mental Health**

**MENTAL HEALTH ADVOCACY**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define Networking.
2. Write any four violation of rights.
3. (a) Mental Health Act of \_\_\_\_\_ yr.  
(b) Person with Disabilities Act of \_\_\_\_\_ yr.
4. Define Advocacy.
5. What is a salient provision?
6. Define Cerebral Palsy.
7. What is risk assessment?
8. Define Mental Health.
9. Write any four mental disorders.
10. What is rehabilitation council?

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Write short notes on Substance Abuse Act.  
Or  
(b) Explain the responsibilities of stakeholders.
12. (a) Describe the concept of change.  
Or  
(b) Explain advocacy principles.
13. (a) Write the objectives of rehabilitation council of India.  
Or  
(b) Write short notes on problem analysis and situation analysis.
14. (a) Advocacy ethics – Explain.  
Or  
(b) Explain reluctance management.
15. (a) Describe identification of risk in advocacy.  
Or  
(b) Importance of networking – Discuss.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Explain Mental Health Act.  
Or  
(b) Write about rehabilitation council act in India.

17. (a) Ellucidate Advocacy Process.

Or

(b) Describe the Identification of risks and strategies.

18. (a) Importance of networking – Discuss.

Or

(b) Explain substance abuse act and Person with disabilities act.

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<b>Sub. Code</b>
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<b>96018</b>
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**P.G. DIPLOMA EXAMINATION, APRIL 2019**

**Non Semester**

**Mental Health**

**SOCIAL SCIENCES RESEARCH AND STATISTICS**

**(2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define Research.
2. What do you mean by Qualitative Research?
3. What is Experimental Research Design?
4. Mention the Qualities of Good Hypotheses.
5. What is Snow Ball sampling?
6. What is Pre testing?
7. Mention the purpose of-Master Chart.
8. Mention the types of research reports.
9. What is Ethnography?
10. What is Participant Observation?

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Explain the advantages of Review of Literature.

Or

- (b) Mention the steps in Scientific Methods.

12. (a) Explain the advantages of formulating the Hypotheses in Research.

Or

- (b) Write a detailed note on Exploratory Research Design.

13. (a) Differentiate Schedule with Questionnaire.

Or

- (b) What are the Secondary sources of data collection?

14. (a) Describe the different types of One Dimensional Diagrams.

Or

- (b) Calculate Mean Median for the following data.

X	70-80	80-90	90-100	100-110	110-120
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f	6	4	12	3	2
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X	120-130	130-140	140-150
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f	4	4	5
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15. (a) Write a detailed note on Case Study.

Or

- (b) Explain the advantages of learning Focused Group Discussion.

**Part C**

(3 × 10 = 30)

Answer **all** questions.

16. (a) Explain in detail the procedure to be adopted in Descriptive Research design with example.

Or

- (b) Describe the process of research problem formulation in Social Science Research with an example.
17. (a) Throw more light on the types of Hypotheses with your own example.

Or

- (b) Explain in detail the procedure to be adopted while 'Testing the Hypotheses'.
18. (a) List and Explain the Non Probability Sampling with example.

Or

- (b) Calculate Karl Pearson's Coefficient of Correlation for the following data.

X	25	35	45	52	23	33	40	30
Y	20	15	10	14	23	18	22	30