

C-2538

Sub. Code

96011

P.G. DIPLOMA EXAMINATION, APRIL 2022

Non-Semester

Mental Health

INTRODUCTION TO MENTAL HEALTH

(2016 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Mind – meaning.
2. Differentiate between Myths and Misconceptions.
3. Mental health – meaning.
4. Name the Drivers of Resilience.
5. Explain Stress Cycle.
6. Define religion.
7. Social and Economic burdens of mental disorders.
8. Define Treatment Gap.
9. List down the objectives of Prevention of positive mental health problems.
10. List down any three National Mental Health Program.

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

11. (a) Briefly explain the models of mental disorders.

Or

- (b) Write a short note on burden of mental disorders.

12. (a) Briefly explain the protective factors of Resilience and Mental Health.

Or

- (b) How to promote positive mental health? – briefly explain.

13. (a) List down any four impacts of stress on body and mind on your own and explain it.

Or

- (b) Role of religion in mental health – briefly explain.

14. (a) Briefly explain the direct and indirect burden of mental disorders.

Or

- (b) Treatment gap of mental disorders – Write a short note.

15. (a) Briefly explain about the prevention of mental health problems.

Or

- (b) Salient features of Mental Health Policy.

Part C

(3 × 10 = 30)

Answer **all** questions.

16. (a) Causes, Myths and misconceptions of Mental disorders. – In detail.

Or

- (b) Classification of Mental disorders in GCD-10.

17. (a) Detailedly explain the importance of Positive Mental Health.

Or

- (b) Impacts of stress on body and mind and detailedly explain stress management strategies.

18. (a) Write in detail about the types of prevention of Mental Health Problems.

Or

- (b) Burden of Mental disorders – Explain its types in detail.
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C-2539

Sub. Code

96012

P.G. DIPLOMA EXAMINATION, APRIL 2022

Non - Semester

Mental Health

**PSYCHOPATHOLOGY IN CHILDHOOD AND
ADOLESCENCE**

(2016 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Expand MSE.
2. Define mental retardation.
3. What is antisocial personality disorder?
4. What is eating disorder?
5. What is sleep disorder?
6. What is cannabis?
7. What is Nicotine?
8. What is personality disorder?
9. Expand ADHD.
10. How many hemispheres are in the brain?

Part B**(5 × 5 = 25)**

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain role of neurotransmitters.

Or

- (b) Illustrate structure and function of brain.

12. (a) Describe learning disability's etiology and treatment.

Or

- (b) Write a brief note on mental retardation.

13. (a) Discuss about cluster A personality disorder and mention about management and its outcomes.

Or

- (b) Discuss about cluster B personality disorder and mention about management and its outcomes.

14. (a) Explain etiology, diagnosis and treatment of Anorexia Nervosa.

Or

- (b) Explain etiology, diagnosis and treatment of Bulimia Nervosa.

15. (a) Explain Alcohol abuse and dependence.

Or

- (b) Explain management and its outcome of alcohol abuse dependence.

Part C

(3 × 10 = 30)

Answer **all** questions.

16. (a) Describe mental status examination and give one case study.

Or

- (b) Detailly explain about human brain structure and its diagram.

17. (a) Discuss epidemiology, etiology, diagnosis and management of ADHP.

Or

- (b) Describe about cluster C personality disorder of epidemiology, etiology, diagnosis and management.

18. (a) Discuss about epidemiology, etiology, diagnosis and management of sleep disorders.

Or

- (b) Write a brief note on opiod, cannabis, nicotine and caffeine with treatment.

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96013

P.G. DIPLOMA EXAMINATION, APRIL 2022

Non- Semester

Mental Health

PSYCHOPATHOLOGY IN ADULTHOOD

(2016 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Write symptoms of anxiety disorder.
2. What do you mean by OCD?
3. Give a note on causes of Bipolar disorder.
4. List out the types of schizophrenia.
5. Describe sexual pain disorder.
6. What is conversion disorder?
7. What is hallucination?
8. Give the meaning of vascular dementia.
9. Mention the clinical features of generalized anxiety disorder.
10. List out the types of phobia.

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

11. (a) Describe the characteristics of PTSD.
Or
(b) Give brief note on Depression.
12. (a) Explain about the management of mood disorder.
Or
(b) Explain about the management and its outcome of disorganized schizophrenia.
13. (a) Discuss about the diagnostic criteria of schizophrenia form disorder.
Or
(b) What are the clinical features of Delirium?
14. (a) Explain the etiology of delirium.
Or
(b) Give a detailed note of hypochondrias.
15. (a) Discuss about the management and its outcome of arousal disorder.
Or
(b) Write note on Epidemiology of somatoform disorder.

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

16. (a) Describe Alzheimer type disorder and its causes.
Or
(b) Critically examine paranoid schizophrenia.

17. (a) Explain in detail about specific anxiety disorder.

Or

(b) Elaborately explain the diagnostic criteria and the management of OCD.

18. (a) Discuss the causative factors and the treatment of somatisation disorder.

Or

(b) Explain in detail about problems in sexual desire and its causes.

C-2541

Sub. Code

96014

P.G. DIPLOMA EXAMINATION, APRIL 2022

Non-Semester

Mental Health

FUNDAMENTALS OF COUNSELLING

(2016 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is dysfunctional behavior?
2. Define Unconditional positive regard.
3. Write the assumptions of human behavior?
4. Pre-helping Phase is also known as _____.
5. What is skill of listening?
6. Write any two objectives of counselling.
7. Define exploration in counselling process.
8. What is Genuineness in therapeutic relationship.
9. What is an advice?
10. Write on problem solving skills?

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

11. (a) Differentiate between Directive and Non-directive approaches in counselling.
Or
(b) Explain the drivers of human behavior.
12. (a) Write short notes on functional and dysfunction behavior.
Or
(b) Describe Action Phase in Counselling process.
13. (a) Explain Empathy.
Or
(b) Skills of an effective counsellor–Explain.
14. (a) Differentiate between Advice and Counselling.
Or
(b) Explain therapeutic relationship.
15. (a) Write short note on understanding response.
Or
(b) Describe relationship pyramid.

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

16. (a) Concept of behavior – Discuss.
Or
(b) Give details on different types of approaches in counselling.

17. (a) Explain the responsibilities of counsellor and counsellee in a counselling process.

Or

- (b) Describe the need for counselling in colleges.

18. (a) Elucidate the factors influencing counselling process.

Or

- (b) Write short notes on any three types of responses in counselling process.

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Sub. Code

96015

P.G. DIPLOMA EXAMINATION, APRIL 2022

Non-Semester

Mental Health

PSYCHO SOCIAL REHABILITATION

(2016 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is Rehabilitation?
2. Difference between disability and handicap.
3. What is occupational therapy?
4. What is meant by recovery?
5. What is coping?
6. What is the difference between care givers and care takers?
7. Who are all stakeholders?
8. What is competitive employment?
9. Define yoga.
10. What is the promotion of livelihood?

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

11. (a) Explain the issues related to reintegration.
Or
(b) Describe community based rehabilitation.
12. (a) Write a detail, note on vocational therapy.
Or
(b) Explain skills development in rehabilitation intervention.
13. (a) Write a detail note on coping.
Or
(b) Explain the concept and types of care givers.
14. (a) Describe supportive and transitional employment.
Or
(b) How employment supports psycho social rehabilitation?
15. (a) Describe livelihood promotion activities.
Or
(b) Explain framework in livelihood promotion.

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

16. (a) Explain different types of therapies in rehabilitation intervention.
Or
(b) Describe the principles and elements of recovery.

17. (a) Explain the concept, importance and objective of livelihood promotion.

Or

- (b) Explain the impact of care giving and caring the caregivers.

18. (a) Describe impairment, disability and handicap and disability assessment.

Or

- (b) Describe the issues relating to employment in psychosocial rehabilitation.
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Sub. Code

96016

P.G. DIPLOMA EXAMINATION, APRIL 2022

Non- Semester

Mental Health

COMMUNITY MENTAL HEALTH

(2016 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What does it mean to be mentally healthy?
2. What are the five signs of mental illness?
3. What is the meaning of social stigma?
4. What is Resource mapping?
5. What is adherence to treatment?
6. What causes someone to be mentally ill?
7. What is the purpose of risk assessment?
8. What's considered homeless?
9. What is the legal definition of violence?
10. What is psychiatric emergency?

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

11. (a) Write a detail, note on community mental health.
Or
(b) Explain the characteristics of community based organisation.
12. (a) Describe the challenges in community engagement in mental health.
Or
(b) Write a detail, note on practices of discrimination reduction strategies.
13. (a) Explain the issues in non adherence to treatment.
Or
(b) Write a detail note on resource utilization.
14. (a) Describe the strategies to address homelessness.
Or
(b) Describe some examples of mental illness.
15. (a) Explain the concept of psychiatric emergency.
Or
(b) Write a detail, note on types of violence.

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

16. (a) Describe concept and types of community.
Or
(b) Write a detail note on stigma.

17. (a) Explain the resource mobilization.

Or

(b) Describe the importance of treatment adherence.

18. (a) Describe the reasons for homelessness.

Or

(b) Explain the Risk assessment and management.

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Sub. Code

96017

P.G. DIPLOMA EXAMINATION, APRIL 2022

Non- Semester

Mental Health

MENTAL HEALTH ADVOCACY

(2016 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is capacity assessment?
2. Write the types of rights?
3. Define Autism.
4. Write the objectives of Rehabilitation council of India.
5. Define mental retardation.
6. What are the risks in advocacy?
7. Write a note on evaluation in advocacy plan.
8. Define policy.
9. What are the Ethics in advocacy?
10. Define Resistance.

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

11. (a) Explain Mental Health Act.
Or
(b) Describe change process.
12. (a) Write short note on violations of rights.
Or
(b) Explain about the important of networking.
13. (a) Give details on management of resistance.
Or
(b) Give short note on Multiple Disabilities Act.
14. (a) Describe advocacy principles.
Or
(b) Write about the concept of risk.
15. (a) List out the important of stakeholders in the protections of rights.
Or
(b) Write short notes on
(i) Self and
(ii) Social advocacy.

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

16. (a) Explain the rights of persons with mental disorders.
Or
(b) Advocacy process– Discuss.

17. (a) Describe the concept of change in mental health advocacy.

Or

(b) Role of stakeholders on protection of rights.

18. (a) Give details on principles and risks in advocacy.

Or

(b) Elucidate the rights to protect persons with mental disabilities.

C-2545

Sub. Code

96018

P.G. DIPLOMA EXAMINATION, APRIL 2022

Non-Semester

Mental Health

SOCIAL SCIENCES RESEARCH AND STATISTICS

(2016 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define Social Science Research.
2. What do you mean by Action Research?
3. What is Diagnostic Research Design?
4. Mention the Sources of Good Hypotheses.
5. What is Ranking Question?
6. What is Pre testing?
7. Mention the types of Graphs.
8. Mention the types of research reports.
9. What is Coding?
10. What is Non Participant Observation?

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

11. (a) Explain the Objectives of Research.

Or

- (b) Mention the steps in Scientific Methods.

12. (a) Explain the advantages of Non Probability sampling.

Or

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

13. (a) Differentiate Pilot study with Pre Test.

Or

- (b) What are the types of Questions in research data collection tool?

14. (a) Describe the types of Correlation.

Or

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

X	10-20	20-30	30-40	40-50	50-60	60-70	70-80	80-90
F	6	4	12	3	2	4	4	5

15. (a) Write a detailed note on Case Study.

Or

- (b) Explain the advantages of learning Observation.

Part C $(3 \times 10 = 30)$ Answer **all** questions.

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

Or

- (b) Describe the contents of Research Report.

17. (a) Describe the types of Hypotheses with your own example.

Or

- (b) Explain in detail the Qualitative Research Designs.

18. (a) List and Explain the Probability Sampling with example.

Or

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

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