

C-5728

Sub. Code

96011

P.G. DIPLOMA EXAMINATION, APRIL 2025.

First Semester

Mental Health

INTRODUCTION TO MENTAL HEALTH

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Elements of Mental Health
 - (a) Self governance
 - (b) Self esteem
 - (c) Stress management
 - (d) All of the above
2. Biological factors of mental health
 - (a) Senses of harmony
 - (b) Spirituality
 - (c) Negative identity
 - (d) (a) and (b)

3. Resilience means
 - (a) Bouncing back from difficult experiences
 - (b) Adapting to experience
 - (c) Thinking positively
 - (d) Thinking negatively
4. Mental health awareness reduces the chances of
 - (a) Stigma around mental health issues
 - (b) Not allow the people to known their own mental health
 - (c) To make them feel alone
 - (d) To make them desperate
5. Who was the first to describe the fight or flight response?
 - (a) Walter B Cannon
 - (b) Sigmund Freud
 - (c) Atkinson Potter
 - (d) Mrunal Sen Gupta
6. Stress management is about learning
 - (a) How to avoid the pressures of life
 - (b) How to develop skills that would enhances our bodys adjustment when we are subjected to the pressures of life
 - (c) Both (a) and (b)
 - (d) None of the above

7. Mental and substance use disorders recommended as
- (a) Heterogeneous group of disorder
 - (b) Single group of disorder
 - (c) Multiple group of disorder
 - (d) None of the above
8. Examples of mental health resources are
- (a) Outpatient treatment
 - (b) Prescription medication
 - (c) Medical detoxification
 - (d) All of the above
9. Primary prevention of mental health problems depends on
- (a) Risk not identified
 - (b) Risk mitigation
 - (c) Not removing the possibility of disease
 - (d) Community
10. The strategies of mental health programme
- (a) Integration of mental health with primary health care
 - (b) Provision of tertiary care institutions for treatment of mental disorders
 - (c) Eradication stigmatization of mentally ill patients
 - (d) All of above

Part B

(5 × 5 = 25)

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

11. (a) Classify mental disorders according to ICD-10.

Or

- (b) Explain the characteristics of mental healthy person.

12. (a) Describe the risk factors for assessing resilience.

Or

- (b) Describe the factors involved in promotion of resilience.

13. (a) How does the role of religion affect the mental health?

Or

- (b) Discuss about physiological stressors.

14. (a) Discuss the burden of untreated mental disorders.

Or

- (b) How does the burden of mental health affect socially?

15. (a) Explain about mental health policies objectives.

Or

- (b) Explain about national mental health principles.

Part C

(5 × 8 = 40)

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

16. (a) Explain about the burdens of mental disorders briefly.

Or

- (b) Discuss about the models of mental health.

17. (a) Explain about the concept and the importance of mental health.

Or

- (b) Explain in detail the negative factors which affects the mental health.

18. (a) How does the stress reaction affects the mental health?

Or

- (b) How does religious practices creates a impact on mental health?

19. (a) Explain about the changing trends in the global burden of mental disorders.

Or

- (b) Discuss about the availability of resources for treatment in mental disorders.

20. (a) Explain about the challenges faced in mental health programme.

Or

- (b) Discuss about the goals, values principles and approaches in mental health policy.
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C-5729

Sub. Code

96012

P.G. DIPLOMA EXAMINATION, APRIL 2025

First Semester

Mental Health

PSYCHO PATHOLOGY I

(2023 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Where is brain located?
 - (a) Skull
 - (b) Between the lungs
 - (c) Top of kidney
 - (d) In the abdomen
2. What is the largest part of the brain?
 - (a) cerebrum (b) cerebellum
 - (c) pons (d) brain stem
3. What is the brain made of?
 - (a) Nerve cells and fibers
 - (b) Arteries, and arterioles
 - (c) Fat tissue
 - (d) Muscle fibers

4. Which side of the head the brain is located?
 - (a) Left and right sides of the brain
 - (b) On the right side
 - (c) On the left side
 - (d) In the front side only
5. Which of the following is the brain disorders of children?
 - (a) Epilepsy
 - (b) Loss of appetite
 - (c) Curiosity
 - (d) Intelligence
6. Which of the following could causes childhood brain disorder?
 - (a) Brain tumors
 - (b) Chronic ulcer
 - (c) Weight loss
 - (d) Obesity
7. What is mental retardation called now?
 - (a) Intellectual disability
 - (b) LowIQ
 - (c) Anorexia nervosa
 - (d) Annesia
8. What is the most common motor disorder?
 - (a) Essential tremor (ET)
 - (b) Paraplegia
 - (c) Dysphagia
 - (d) Hyperesthesia
9. What is paranoid personality?
 - (a) Distrust and suspicion of others
 - (b) Disturbed thoughts
 - (c) Drug addition
 - (d) Forget fullness

10. Which of the following job is preferred for a Schizoid?

- (a) Night Security officer
- (b) Officer of public relations
- (c) Sales executive
- (d) Party Spokesman

Part B

(5 × 5 = 25)

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

11. (a) Discuss how history taking interview is being conducted.

Or

(b) What are the functions of brain?

12. (a) Explain about communication disorders.

Or

(b) Explain about the management and its outcome in communication disorder.

13. (a) Explain about the antisocial activities.

Or

(b) Explain about avoidant personality disorder.

14. (a) Explain about walking disorders.

Or

(b) Explain about breathing disorders.

15. (a) What is opioid? What are its therapeutic & adverse effects of it?

Or

(b) Explain about drug addiction and its causes.

Part C

(5 × 8 = 40)

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

16. (a) What are skills required to interview a mentally retarded patient?

Or

- (b) What are the parts of the brain, write the functions of those parts of the brain?

17. (a) What are learning disabilities in motor skills? What are its different types? What can be done & how is it managed in a hospital or at home?

Or

- (b) What is pervasive development disorder (PDD)? Write its characteristic features and how such cases are managed?

18. (a) Discuss about the management of ADHD - Explain.

Or

- (b) Discuss Paranoid personality disorder (PPD) in detail.

19. (a) Explain about Insomnia its causes and management.

Or

- (b) Explain about Anorexia Nervosa its causes and management.

20. (a) Explain about Nicotine and its addiction briefly.

Or

- (b) List few drugs causing addiction. Write in detail the causes of addiction, management of drug addiction.