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MCFT-002

**MASTER OF SCIENCE IN
COUNSELLING AND FAMILY
THERAPY/POST GRADUATE
DIPLOMA IN COUNSELLING AND
FAMILY THERAPY
(MSCCFT/PGDCFT)**

**Term-End Examination
December, 2023**

MCFT-002 : MENTAL HEALTH AND DISORDERS

Time : 3 Hours

Maximum Marks : 100

***Note :** Attempt any **five** questions in about
600 words each. All questions carry equal
marks.*

1. Define normality. Explain *four* models of normality. 20
2. How does stress affect the physical and mental health of an individual ? What would you advise your friend for stress management ? Discuss with the help of examples. 20
3. Explain the management of cognitive disorders. 20

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4. Discuss the main strategies adopted for treatment of schizophrenia. 20
5. Describe the characteristics of generalized anxiety disorder. Analyse the benefits of psychoeducation. 20
6. Discuss the psychosocial factors that play a role in the development of personality disorders. 20
7. What are the interventions needed for usually impaired persons ? Discuss with particular reference to the Indian context. 20
8. Explain, giving examples, the goals and guiding principles of psychosocial rehabilitation. 20
9. Write short notes, in about **150** words each, on any **four** of the following : 4×5=20
 - (a) Symptoms of depression
 - (b) Socio-cultural factors in drug use
 - (c) ADHD
 - (d) Features of abnormal grief
 - (e) Prevention of locomotor disability

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