

BPCC 133

**BACHELOR OF ARTS (GENERAL)/
MULTIDISCIPLINARY BACHELOR DEGREE PROGRAMMES
(BAG/BAM)**

(PSYCHOLOGY)

**ASSIGNMENT
JULY 2024 AND JANUARY 2025**

**COURSE CODE: BPCC 133
COURSE TITLE: PSYCHOLOGICAL DISORDERS**



**DISCIPLINE OF PSYCHOLOGY
SCHOOL OF SOCIAL SCIENCES
INDIRA GANDHI NATIONAL OPEN UNIVERSITY
MAIDAN GARHI, NEW DELHI - 110068**

Dear Learner,

As we have informed you in the Programme Guide, evaluation of Psychology Core Courses in IGNOU consists of three parts. In this course, the evaluation will be as follows: i) continuous evaluation through Assignments, ii) Tutorial, and ii) Term-end Examination. In the final result, assignments of this Course will carry 20% weightage, Tutorial will be 10% weightage and 70% weightage are given for term-end examination (total 100 marks).

BPCC 133 is a 6 credits course (4 Credits Theory + 2 Credits Tutorial). Assignment for BPCC 133 has two parts, Assignment 1 and Assignment 2.

Part A consists of Assignment 1 and Assignment 2. Assignment 1 has Descriptive Category Questions (DCQs). These are meant for writing essay type answers, with an introduction and a conclusion. These are intended to test your ability to describe your understanding/knowledge about the topic in a systematic, and in a coherent manner.

Assignment 2 has Short Category Questions (SCQs). These questions are meant to improve your skill of recall in brief the relevant and precise information about concepts and processes.

Part B has Tutorial component in which you need to complete activities as instructed and **submit it separately at the study centre**. This is of 02 Credits and **will be evaluated separately**.

Before you attempt the assignments and tutorial, please read the instructions carefully. It is important that you write the answers to all the Tutor Marked Assignment (TMA) and the Tutorial questions in **your own words**. Your answers should be according to the word-limit set for a particular section. Remember, writing answers to assignment questions will improve your writing skill and sharpen your understanding of the concepts. It will also help you prepare for the term-end examination.

Submission

Session	Last Date of Submission*	To be Sent
For July 2024 January 2025	30th March, 2025 30th September, 2025 (Please check the dates from www.ignou.ac.in)	To The Coordinator of the Study Centre allotted to you

* You need to submit the assignments within the stipulated time for being eligible to take the term-end examination.

Please obtain a receipt from the study centre for the assignments/tutorial submitted and retain it. Also keep a photocopy of the assignments/tutorial with you. The Study Centre will return the assignments/tutorial to you after they are evaluated. The completed assignment should be sent only to the Coordinator of the Study Centre allotted to you.

Following instructions are to be carefully followed before writing the assignments:

1. You will find it useful to keep the following points in mind:
 - i. **Planning:** Read the assignments carefully. Go through the Units on which they are based. Make some points regarding each question and then re-arrange these in a logical order.
 - ii. **Organisation:** Read the study material carefully, analyze it, and then prepare a rough outline of your answer. Give adequate attention to your introduction and conclusion. Make sure that your answer:
 - a) is logical and coherent;
 - b) has clear connections between sentences and paragraphs;
 - c) is written correctly giving adequate consideration to your expression, style and presentation
 - iii. **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission. Write each answer neatly with proper spacing, and underline the points you wish to emphasize. Make sure that the answer is around the suggested word limit.
2. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a 4 cm margin on the left and leave some space between each answer. This will facilitate the academic counsellor to write useful comments in the margin at appropriate places.
3. ***Answers should be in your handwriting.*** Do not print or type the answers. Do not copy the answers from the study material sent to you by the University or from other learners. If you copy, you will get zero marks for the respective question.
4. You need to attach a copy of the TMA and Tutorial with the completed assignment and Tutorial before submitting it.
5. In case you have requested for a change of Study Centre, you should submit your TMA and Tutorial only to the original Study Centre until the change of Study Centre is notified by the University.
6. If you find that there is any factual error in evaluation of your assignments or Tutorial, e.g., any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study center for correction and transmission of correct score to headquarters.

Wish you all the best!

**Discipline of Psychology
SOSS, IGNOU, New Delhi**

**PSYCHOLOGICAL DISORDERS (BPCC 133)
Tutor Marked Assignments (TMA)**

**Course Code: BPCC 133
Assignment Code: Asst /TMA /July 2024 - January 2025
Total Marks: 100**

NOTE: All questions are compulsory.

**PART A
Assignment 1**

2 x 20 = 40

Answer the following questions in about 500 words each. Each question carries 20 marks.

1. Explain the basic elements of the assessment of psychological disorders. Discuss the types of assessment.
2. What do you understand by personality disorders? Explain the symptoms and causes of Cluster B personality disorders.

Assignment 2

6 x 5 = 30

Answer the following questions in about 100 words each. Each question carries 5 marks.

3. Dopamine hypothesis of Schizophrenia
4. Treatment of paraphilias
5. Psychosocial treatment of substance use disorder
6. Symptoms in a manic episode
7. Causal factors of Intellectual Disability
8. Adjustment Disorder

PART B Tutorial

2 x 15 = 30

Note: You need to complete the activities according to the given instructions. Please attempt the activities in a coherent and organized manner. The word limit for each activity is around 700 words. Each activity is of 15 marks. For the activities you may refer to relevant offline or online resources. Some useful resources are also listed at the end of each unit in the self-learning material of BPCC 133.

1. '1 in every 8 people, around the world were living with a mental disorder, with anxiety and depressive disorders the most common', (Institute of Health Metrics and Evaluation. Global Health Data Exchange (GHDx, 2019).

In light of the above, critically think on the following:

- a) What do you understand by stigma of mental illness?
 - b) Think about the steps to deal (cope) with the stigma of mental illness.
 - c) What initiatives should be taken by the government or community leaders to reduce stigma for mental health related issues?
2. Visit the website for the *Monitor on Psychology*, a monthly magazine published by APA: <http://www.apa.org/monitor/>.
 - A) Select one article related to a psychological disorder(s), that may include diagnosis, care, and treatment of people with psychological disorders. It may also include issues related to caregiving.
 - B) Read the article and summarise it in your own words.
 - C) Explain the basic idea that emerged in the article. Can you connect it in some way with what you have read in the self-learning material?