

PGDMH

**PG DIPLOMA IN MENTAL HEALTH
(PGDMH)**

**Assignments
(July 2023-January 2024 Session)**



**Discipline of Psychology
School of Social Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068**

PG DIPLOMA IN MENTAL HEALTH

Assignments – July 2023-January 2024 Session

Dear Learner,

You have to complete one Tutor Marked Assignment (TMA) for each of the courses in the PG Diploma in Mental Health (PGDMH). Each assignment has three sections with number of questions and all need to be answered.

Before you attempt the assignments, please read the instructions carefully provided in Section 7.1 of the Programme Guide. It is important that you write the answers to all the TMA questions in your own words. Your answers should be within the approximate range of the word-limit set for a particular section. Remember, writing answers to assignment questions will improve and sharpen your understanding of the concept.

Submission

You need to submit all the assignments within the stipulated time for being eligible to appear in the term-end examination. The completed assignments should be submitted as per the following schedule.

Session	Last Date of Submission	To be Sent
For July, 2023 Session	31st March, 2024	To The Coordinator of the Study Centre allotted to you
For January 2024 Session	30th September 2024	

Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you. The Study Centre will return the assignments to you after they are evaluated. The completed assignment should be sent to the Coordinator / Programme In-charge of the Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters for evaluation.

INSTRUCTIONS

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

1. Provide information about your Enrolment Number, Name, Full Address, Signature and Date on title page of your assignment. Also provide details about the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the title page. Course Code and Assignment Code are given in the assignment.

The title page may look like this

Enrolment No
Name
Address
Signature
Date
Programme Title
Course Code & Title
Assignment Code
Programme Study Centre/Study Centre

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

2. Read the assignments carefully and follow the instructions given on the assignment.
3. We expect you to answer each question as per guidelines mentioned in the assignment. You will find it useful to keep the following points in mind:
 - 1) **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.
 - 2) **Organisation:** Be a little more selective and analytical before drawing up 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

- 3) **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underlining the points you wish to emphasize. Make sure that the answer is within the stipulated word limit.
4. 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 evaluator to write useful comments in the margin at appropriate places.
5. ***Write the responses in your own hand. Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.***
6. Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
7. Write each assignment separately. All the assignments should not be written in continuity. Thus, you will have four separate assignments to submit at the study centre.
8. Write the question number with each answer.
9. After submitting the assignment at the Study Centre / Programme Study Centre get the acknowledgement from the Coordinator / Programme In-charge.
10. In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
11. If you find that there is any factual error in evaluation of your assignments 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 centre for correction and transmission of correct score to headquarters.

Please ensure the following before submitting your assignment response:

1. Your enrolment number, name and address have been written correctly.
2. The title of the course and assignment number has been written clearly.
3. Assignment for each course has been prepared separately and spiral bound/ cello taped/pinned properly.
4. All the questions in the assignments have been answered.

Wishing you all the best,

Programme Coordinator (PGDMH)

FUNDAMENTALS OF MENTAL HEALTH (MPC 051)

TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPC 051

Assignment Code: MPC 051/ASST/TMA/July 2023-January 2024

Marks: 100

NOTE: All questions are compulsory.

SECTION A

Answer the following questions in about 1000 words each.

Marks 15x3=45

1. Elaborate upon the role of genes, models of genetic transmission and related disorders.
2. Discuss the behavioural theories of learning.
3. Describe the general cognitive functions and related brain disease.

SECTION B

Answer the following questions in about 400 words each.

Marks 5x5=25

4. Discuss any two of the models of mental health as conceptualized by Vaillant, 2003.
5. Describe the sociological theories related to mental health.
6. Explain the different views towards biological basis of body and mind.
7. Explain the different types of cognitive functions.
8. Discuss the concept of mind in Ayurveda.

SECTION C

Answer the following in about 50 words each.

Marks 10x3=30

9. Criteria and measurement of normality .
10. Neurotransmitters.
11. Purposes of Neuropsychological Examinations.
12. Psychosocial development.
13. Incongruity.
14. Demonstration of Needs at different hierarchical level.
15. Global Assessment of Functioning.
16. Social realism.
17. Utilitarian concept of mental health.
18. The Psychogenic perspective.

MENTAL DISORDERS (MPC-052)

Tutor Marked Assignment (TMA)

Course Code: MPC-052

Assignment Code: MPC-052/ASST/TMA/July 2023- January 2024

Marks: 100

Note: All questions are compulsory.

SECTION-A

Answer the following questions in about 1000 words each. 3 x 15 = 45 marks

1. Describe the clinical features and signs of schizophrenia.
2. Discuss the common behavioural disturbances in psychiatric illnesses.
3. Explain the concept of epidemiology. Explain the types of epidemiological studies.

SECTION-B

Answer the following questions in about 400 words. 5 x 5 = 25 marks

4. Elucidate the techniques of history taking.
5. Give an overview of psychiatric epidemiological studies in India.
6. Explain the Global Burden of Disease approach to measure health status.
7. Delineate the clinical features and treatment of psychosexual disorders.
8. Explain the types of phobic anxiety disorder and their treatment.

SECTION-C

Answer the following questions in about 50 words. 10 x 3 = 30 marks

9. Interviewing difficult patients
10. Difference between mood, affect, and emotion
11. Privacy and confidentiality in Interview
12. Implication for disability studies on mental illness
13. Media and mental illness
14. Post-traumatic Stress Disorder
15. Conduct disorder
16. Somatoform Autonomic Dysfunction
17. Cognitive Behaviour Therapy for Depression
18. International Classification of Disorders

**MENTAL HEALTH IN SPECIAL AREAS (MPC 053)
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC - 053
Assignment Code: MPC - 053/ASST/TMA/July 2023-January 2024
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in about 1000 words each. 3x15 = 45 marks

1. Explain the assessment and management of mental disorders in the elderly.
2. Define self-harm. Explain the various causes of self-harm.
3. Explain the concept of rehabilitation. Describe the goals and principles of rehabilitation.

SECTION – B

Answer the following questions in about 400 words each. 5 x 5 = 25 marks

4. Describe the clinical features and management of Attention Deficit Hyperactivity Disorder.
5. Explain bullying as a behavioural problem in children. Describe measures for prevention of bullying in schools.
6. Explain common sexual problems and dysfunctions.
7. Discuss the individual and organizational risk factors for mental health problems at the workplace.
8. Describe intervention measures for children with specific reading disability.

SECTION – C

Answer the following questions in about 50 words each. 10 x 3 = 30 marks

9. Elimination disorders
10. Models of coping
11. Techniques of behavior modification
12. PASS method
13. Neuroplasticity
14. Tourette's syndrome
15. Relapse prevention
16. Medical detoxification
17. The Three C's of addiction
18. Types of behavioural addiction

**SERVICES FOR THE MENTALLY ILL (MPC-054)
TUTOR MARKED ASSIGNMENT (TMA)**

Course Code: MPC-054

Assignment Code: MPC-054/ASST/TMA/July 2023-January 2024

Marks: 100

NOTE: All questions are compulsory. The answers are to be written in own words. Do not copy from the course material or any other source.

SECTION A

Answer the following questions in about 1000 words each.

3x15 = 45 Marks

1. Describe the stigma and discrimination with regard to mental illness. Explain the strategies to promote social responsibility amongst the general public.
2. Explain social skill training and vocational rehabilitation in the context of rehabilitation of the persons with mental illness.
3. Elucidate the concept of psychotherapy and describe factors that influence the outcomes of psychotherapy.

SECTION B

Answer the following questions in about 400 words each.

5 x 5 = 25 Marks

4. Explain the Mental Health Act, 1987 with a focus on its objectives.
5. Describe various benefits of certification.
6. Define counselling and describe the steps involved in counselling process.
7. Describe various activities that can be carried out to promote mental health.
8. Explain the meaning and importance of documentation.

SECTION C

Answer the following questions in about 50 words each.

10 x 3 = 30 Marks

9. Voluntary admission and voluntary treatment as a right of persons with mental illness.
10. Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1985
11. Indian Disability Evaluation and Assessment Scale (IDEAS)
12. Importance of community based research
13. Multicultural counselling
14. Cognitive biases/ distortions
15. Acute and chronic stress
16. Crisis intervention
17. Positive mental health
18. National Informatics Centre