

**MASTER OF SCIENCE IN COUNSELLING AND
FAMILY THERAPY /
POST GRADUATE DIPLOMA IN
COUNSELLING AND FAMILY THERAPY**

Term-End Examination

December, 2015

MCFT-002 : MENTAL HEALTH AND DISORDERS

Time : 3 hours

Maximum Marks : 100

- Note :** (i) *Answer five questions in all.*
(ii) *Question No. 1 is compulsory.*

1. Define any ten of the following in 2 - 3 sentences each : 10x2=20
- (a) Health
 - (b) Emotional intelligence
 - (c) Cumulative stress
 - (d) Adjustment disorder
 - (e) Amnestic disorders
 - (f) Compulsion
 - (g) Impulse control disorders
 - (h) Enuresis
 - (i) Personality disorders
 - (j) Schizophrenia
 - (k) Somatoform disorder
 - (l) National Mental Health Programme (NMHP).
2. What is Chronic Illness ? Discuss the individuals psychosocial adaptation to chronic illness. 20

3. (a) Discuss the various benefits of an assessment of mental disorders. 5
(b) Describe the various components of assessment of mental disorders. 15
 4. (a) How mania is different from depression ? 5
(b) Describe the treatment of mood disorders. 15
 5. Discuss the causes of substance abuse and dependence especially in India. Further, elaborate on the consequences of substance use. 20
 6. What is PTSD ? How PTSD is caused ? Discuss the clinical characteristics for recognizing PTSD. Outline PTSD with help of a case vignette. 20
 7. What is personality ? Classify personality disorders using DSM - IV and ICD - 10. Describe characteristics of any two individual personality disorders. 20
 8. What are the goals of psychosocial rehabilitation for mentally ill persons ? Discuss the values and principles of psychosocial rehabilitation for mentally ill individuals. 20
 9. What do you understand by the term locomotor disability ? State the various causes of locomotor disability. In your opinion, what should be done to promote inclusion of persons with locomotor disability at the societal level ? 20
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