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

Term-End Examination

December, 2017

MCFT-002 : MENTAL HEALTH AND DISORDERS

Time : 3 hours

Maximum Marks : 100

Note : (i) Answer any five questions.

(ii) All questions carry equal marks.

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1. (a) What is meant by mental disorder ? 5
(b) Analyse any two models of normality 10
(c) What, in your opinion, are five essential dimensions of positive mental health ? 5
 2. (a) "Chronic physical illness impacts the mental health of the individual, and *vice versa*". Do you agree with this statement ? Give examples to substantiate your answer. 10
(b) Discuss the significance and modalities of psychosocial treatment of patients with chronic physical diseases. 10
 3. (a) What are the common substances used in India ? 5
(b) In your opinion, what are the five most important factors that promote substance use ? Discuss, giving examples. 10
(c) Outline the psychological consequences of substance use. 5

4. (a) What is the difference between neurosis and psychosis ? 5
- (b) Suppose you are a counsellor and have been approached by an individual suffering from obsessive compulsive disorder. Discuss the areas you would focus on, for management of the condition. 15
5. What is the difference between normal grief and abnormal grief ? Why is intervention necessary in case of abnormal grief ? Describe the interventions you would suggest in case of abnormal grief. 20
6. (a) Analyse, giving examples, the major family factors that may cause behavioural and emotional problems in children. 10
- (b) Explain the significance of application of counselling and family therapy in understanding and correcting child and adolescent psychiatric disorders. 10
7. (a) State any five common myths, and the corresponding facts, related to persons with disabilities. 10
- (b) Discuss the vital interventions that are necessary in the context of hearing impairment. 10
8. (a) What are the characteristics of children with mental retardation ? 10
- (b) What is the role of the following in helping children with mental retardation who realise their potential ? 5+5=10
- (i) Parents and significant others
- (ii) Teachers and special educators

9. Write short notes on **any four** of the following :

- (a) Types of schizophrenia **4x5=20**
 - (b) PTSD
 - (c) Dialectical behaviour therapy
 - (d) Psychosocial Rehabilitation
 - (e) Impairment, disability and handicap
 - (f) Suicidal ideation
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