

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

Term-End Examination

June, 2012

MCFT-002 : MENTAL HEALTH AND DISORDERS

Time : 3 hours

Maximum Marks : 100

Note : Answer five questions in all.

Question No. 1 is compulsory.

1. Explain *any four* of the following : 4x5=20
- (a) Classification of mental disorders
 - (b) National Mental Health Programme
 - (c) Clinical features of dementia
 - (d) Self medication and drugs
 - (e) Bereavement
 - (f) Mental retardation
 - (g) Pharmacotherapy
2. Discuss the common psychological responses of 20 individuals when diagnosed with chronic illness.

3. (a) Explain what is "stress" ? 3
 (b) Describe any two theories of stress. 3+3
 (c) Outline emotional and cognitive model of stress. 3
 (d) Describe the various types of stress. 8
4. Discuss the various other disorders that could be present in an individual with severe mental retardation. 20
5. (a) Define "mood". 4
 (b) Differentiate between depressive disorder and bipolar disorder. 6
 (c) State clinical features of depressive episode. 5
 (d) State clinical features of manic episode. 5
6. Discuss the role of family, and the importance of family based intervention, in treating patients with schizophrenia. 20
7. (a) Describe PTSD in detail. 10
 (b) Discuss management of neurotic disorders. 10
8. 'Suicide rate in India is increasing tremendously'.
 (a) Discuss the causative factors of suicide in India. 10
 (b) Discuss the role a counsellor/family therapist can play in preventing suicides. 10

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

- (a) Deformities in polio
 - (b) Psycho education
 - (c) Supportive therapy
 - (d) Abnormal grief
 - (e) Need for assessment of mental disorders.
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