

01635

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

**Term-End Examination**

**June, 2018**

**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. Why is there a need to study mental health ?  
Describe any three models of mental health. 5+5+5+5=20
  2. Differentiate between eustress and distress. 20  
Discuss the effect of stress on health. Give  
example(s) to support your answer.
  3. Describe the mental status examination of the 20  
patient with depression.
  4. What is psychoeducation ? With help of a suitable 20  
example, explain how would you use  
psychoeducation in treatment of any one mental  
disorder.
  5. List the major anxiety disorders which are 20  
classified under neurotic disorders. Describe any  
four causes of neurotic disorders.

6. Describe any five terminology related to suicide. 20  
Explain the intervention to be used in such a case.
7. With help of relevant examples, discuss how will you create a disabled friendly society. 20
8. (a) List the factors which contribute to the prolonged mental illness in Indian context. 10  
(b) Outline the role of counsellor and family therapist in psychosocial rehabilitation. 10
9. Write short notes on any four of the following : 4x5=20
- (a) Club foot
  - (b) Leprosy
  - (c) DSM - IV
  - (d) Schizoid Personality Disorder
  - (e) Stress inoculation training
  - (f) Mania
  - (g) SUDs
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