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

Term-End Examination

December, 2011

MCFT-002 : MENTAL HEALTH AND DISORDERS

Time : 3 hours

Maximum Marks : 100

Note : Answer five questions in all. Question No. 1 is compulsory.

1. Write short notes on *any five* of the following :5x4=20
 - (a) Stress
 - (b) Dementia
 - (c) Mental retardation
 - (d) Schizophrenia.
 - (e) Defense mechanisms
 - (f) Mental health
 - (g) AIDS

2. (a) How can you identify generalized anxiety disorder in an individual ? 5
- (b) State the characteristics of obsessions and compulsions and also differentiate between them. 15

3. (a) Discuss factors contributing to the development of personality disorders. Give examples to substantiate your answer. 10
- (b) Outline the characteristics of any five common individual personality disorders. 10
4. (a) Discuss application of counselling and family therapy in the context of childhood psychiatric disorders. 10
- (b) Differentiate between the features of normal and abnormal grief. 10
5. Anita is a student of a reputed college. Her scores have been declining considerably in recent times. She remains sad most of the time. She feels hopeless and miserable. She avoids company. She stays alone most of the time and does not have any friend now. She does not talk to anyone at home or at college. She is referred to the college counsellor by one of her classmates. Now help the college counsellor to analyse her.
- (a) Identify the illness of Anita. 2
- (b) Describe the causes and risk factors of the same. 10
- (c) Discuss the evaluation and treatment of Anita's illness from the counsellor's perspective. 8

6. (a) What is schizophrenia ? Describe the clinical features and different types of schizophrenia. 10
- (b) Discuss the family based interventions and rehabilitation in schizophrenia. 10
7. (a) Describe the causes and consequences of substance use disorders. 10
- (b) Outline the various conditions that lead to locomotor disability. 10
8. (a) Describe the causes of mental retardation. 10
- (b) Highlight the appropriate intervention strategies and the role of community members with reference to persons with mental retardation. 10
9. Discuss National Mental Health Programme of India. 20
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