

**BPCC 133**

**BACHELOR'S OF ARTS**

**(BAG)**

**ASSIGNMENT 2020 - 2021**

**COURSE CODE: BPCC 133**

**PSYCHOLOGICAL DISORDERS**



**SCHOOL OF SOCIAL SCIENCES**  
INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
MAIDAN GARHI, NEW DELHI-68

**Dear Learner,**

As we have informed you in the Programme Guide, evaluation at IGNOU consists of two parts: i) continuous evaluation through assignments, and ii) term-end examination. In the final result, assignments of a Course will carry 30% weightage while 70% weightage is given for term-end examination (total 100 marks).

**BPCC 133** is a 6 credits course (4 credits theory + 2 credits tutorial). Assignment for BPCC 133 has two parts, Part I & II.

**Part A** consists of Assignment one and Assignment two. Assignment One has Descriptive Category Questions (DCQs). These are meant for writing essay type answers, with an introduction and a conclusion. These are intended to test your ability to describe your understanding/knowledge about the topic in a systematic, and in a coherent manner.

Assignment Two has Short Category Questions (SCQs). These questions are meant to improve your skill of recall in brief the relevant and precise information about concepts and processes.

**Part B** has Tutorial component in which you need to complete activities as instructed.

**Before you attempt the assignments and tutorial, please read the instructions carefully.** It is important that you write the answers to all the Tutor Marked Assignment (TMA) questions in **your own words**. Your answers should be according to the word-limit set for a particular section. Remember, writing answers to assignment questions will improve your writing skill and sharpen your understanding of the concepts. It will also help you prepare for the term-end examination.

### **Submission**

<b>Session</b>	<b>Last Date of Submission*</b>	<b>To be Sent</b>
<b>For July 2020 &amp; January 2021</b>	<b>30<sup>th</sup> April, 2021 &amp; 31<sup>st</sup> October, 2021 (Please check the dates from <a href="http://www.ignou.ac.in">www.ignou.ac.in</a>)</b>	<b>To The Coordinator of the Study Centre allotted to you/ Or through online mode (link is mentioned on <a href="http://www.ignou.ac/">www.ignou.ac/</a> your Regional Centre website)</b>

\* You need to submit the assignments within the stipulated time for being eligible to appear in the term-end examination.

Please obtain a receipt from the study centre for the assignments/tutorial submitted and retain it. Also keep a photocopy of the assignments/tutorial with you. The Study Centre will return

the assignments to you after they are evaluated. The completed assignment should be sent only to the Coordinator of the Study Centre allotted to you.

**Following instructions are to be carefully followed before writing the assignments:**

1. You will find it useful to keep the following points in mind:
  - i. **Planning:** Read the assignments carefully. Go through the Units on which they are based. Make some points regarding each question and then re-arrange these in a logical order.
  - ii. **Organisation:** Read the study material carefully, analyze it, and then prepare a rough outline of your answer. Give adequate attention to your introduction and conclusion. Make sure that your answer:
    - a) is logical and coherent;
    - b) has clear connections between sentences and paragraphs;
    - c) is written correctly giving adequate consideration to your expression, style and presentation
  - iii. **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission. Write each answer neatly with proper spacing, and underline the points you wish to emphasize. Make sure that the answer is around the suggested word limit.
2. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a 4 cm margin on the left and leave some space between each answer. This will facilitate the academic counsellor to write useful comments in the margin at appropriate places.
3. **Answers should be in your own handwriting.** Do not print or type the answers. Do not copy your answers from the study material sent to you by the University or from other learners. If you copy, you will get zero marks for the respective question.
4. You need to attach a copy of the TMA with the completed assignment before submitting it.
5. In case you have requested for a change of Study Centre, you should submit your TMA only to the original Study Centre until the change of Study Centre is notified by the University.
6. If you find that there is any factual error in evaluation of your assignments, e.g., any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study center for correction and transmission of correct score to headquarters.

**Wish you all the best!**

**Discipline of Psychology  
SOSS, IGNOU, New Delhi**

**PSYCHOLOGICAL DISORDERS (BPCC 133)**  
**Tutor Marked Assignments (TMA)**

**Course Code: BPCC 133**  
**Assignment Code: Asst /TMA / 2020-2021**  
**Total Marks: 100**

**NOTE: All questions are compulsory.**

**PART A**  
**Assignment One**

**2 x 20 = 40**

**Answer the following questions in about 500 words each. Each question carries 20 marks.**

1. Describe the negative symptoms of Schizophrenia. Elucidate the biological causes of Schizophrenia.
2. Explain the general characteristics and causal factors of Generalized Anxiety Disorder.

**Assignment Two**

**6 x 5 = 30**

**Answer the following questions in about 100 words each. Each question carries 5 marks.**

3. Types of Specific Phobias
4. Symptoms of a manic episode
5. Illness anxiety disorder
6. Binge and purge cycle
7. Gender dysphoria
8. Psychosocial treatment of substance use disorder

**PART B**  
**Tutorial**

**2 x 15 = 30**

**Note: You need to complete the activities as instructed. Each activity is of 15 marks.**

- Diagnosing Mr. Ashok.

For this exercise, you are required to make a diagnosis of 'Mr. Ashok'. The case of Mr. Ashok is somewhat ambiguous and not very simple. With the help of this activity, you will figure out the various aspects of diagnosis that includes, symptoms, inclusion and exclusion criteria, importance of obtaining accurate information of the patient and sometimes ambiguity in diagnostic categories.

Mr. Ashok is a 55-year old businessman. He claims that the Income Tax (IT) officials has been 'observing him' for the past few weeks. He thinks that he has done some illegal activities in his business. This has led the IT officials to suspect him of tax evasion. His wife and co-workers have tried to convince him that his thought is faulty, but he is convinced that IT official are keeping a watch on him, his house, tapping his phone, and that they might be hiding on the terrace as well! He is fearful of the consequences of the investigation, and avoids going to his work. When at home, he draws all the curtains and keeps his phone disconnected. Mr. Ashok's wife told the psychologist that her husband has changed drastically since he lost his previous job in a private company because of retrenchment. She further adds that in his free time, he either eats or sleeps and is not very mentally alert. On being asked by the psychologist, Ashok denied of having any suicidal thoughts. Ashok further added 'I came to see you because my wife and children suggested to meet you'.

Using the DSM-5 Criteria for Paranoid Personality Disorder (APA, 2013) or DSM-5 Criteria for Major Depressive Disorder (APA, 2013), make a diagnosis of Mr. Ashok. List the symptoms, inclusion and exclusion criteria and the important information that you will obtain from the patient to make a diagnosis.

**2.** According to the latest reports of World Health Organization (2019), India has the highest suicide rate in South East Asian region. India also had the third highest suicide rate (14.7) among females in the world after Lesotho (24.4) and Republic of Korea (15.4). After road injury, suicide is the leading cause of death among 15-29-year old. Focus on Mental Health has been in the agenda of Sustainable Development Goals.

In light of the above, answer the following:

- Who commits suicide?
- What are the risk factors involved in suicidal behaviour?
- What are the probable reasons for people attempting or committing suicide?
- As a Psychology student, how would you help a friend or a relative who is expressing suicidal ideations?