

MPC

**PG DIPLOMA IN MENTAL HEALTH
(PGDMH)**

**Assignments
(July 2018 Session)**



**Discipline of Psychology
School of Social Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068**

PG DIPLOMA IN MENTAL HEALTH

Assignments – July 2018 Session

Dear Learner,

You have to complete one Tutor Marked Assignment (TMA) for each of the courses in the PG Diploma in Mental Health (PGDMH). Each assignment has three sections with number of questions and all need to be answered.

Before you attempt the assignments, please read the instructions carefully provided in Section 7.1 of the Programme Guide. It is important that you write the answers to all the TMA questions in your own words. Your answers should be within the approximate range of the word-limit set for a particular section. Remember, writing answers to assignment questions will improve and sharpen your understanding of the concept.

Submission

You need to submit all the assignments within the stipulated time for being eligible to appear in the term-end examination. The completed assignments should be submitted as per the following schedule.

Session	Last Date of Submission	To be Sent
For July, 2018 Session	31st March, 2019	To The Coordinator of the Study Centre allotted to you

Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you. The Study Centre will return the assignments to you after they are evaluated. The completed assignment should be sent to the Coordinator / Programme In-charge of the Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters for evaluation.

INSTRUCTIONS

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

1. Provide information about your Enrolment Number, Name, Full Address, Signature and Date on title page of your assignment. Also provide details about the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the title page. Course Code and Assignment Code are given in the assignment.

The title page may look like this

Enrolment No
Name
Address
Signature
Date
Programme Title
Course Code & Title
Assignment Code
Programme Study Centre/Study Centre

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

2. Read the assignments carefully and follow the instructions given on the assignment.
3. We expect you to answer each question as per guidelines mentioned in the assignment. You will find it useful to keep the following points in mind:
 - 1) **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.
 - 2) **Organisation:** Be a little more selective and analytical before drawing up 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

- 3) **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underlining the points you wish to emphasize. Make sure that the answer is within the stipulated word limit.
4. 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 evaluator to write useful comments in the margin at appropriate places.
 5. ***Write the responses in your own hand.*** Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
 6. Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
 7. Write each assignment separately. All the assignments should not be written in continuity. Thus, you will have four separate assignments to submit at the study centre.
 8. Write the question number with each answer.
 9. After submitting the assignment at the Study Centre / Programme Study Centre get the acknowledgement from the Coordinator / Programme In-charge.
 10. In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
 11. 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 centre for correction and transmission of correct score to headquarters.

Please ensure the following before submitting your assignment response:

1. Your enrolment number, name and address have been written correctly.
2. The title of the course and assignment number has been written clearly.
3. Assignment for each course has been prepared separately and spiral bound/ cello taped/pinned properly.
4. All the questions in the assignments have been answered.

Wishing you all the best,

Programme Coordinator

FUNDAMENTALS OF MENTAL HEALTH (MPC 051)
TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPC 051
Assignment Code: MPC 051/ASST/TMA/2018
Marks: 100

NOTE: All questions are compulsory.

SECTION - A

Answer the following questions in 1000 words each:

3 x 15 = 45 marks

- 1) Discuss the different models of mental health as conceptualized by Vaillant, 2003.
- 2) Explain the neuroanatomy and its functions with the help of diagrams.
- 3) Elucidate the different types of cognitive functions.

SECTION - B

Answer the following questions in 400 words each:

5 x 5 = 25 marks

- 4) Discuss the concept of mind in Ayurveda.
- 5) Discuss the different views towards biological basis of mind.
- 6) Discuss the Karen Horney's theory of neurosis.
- 7) Explain the Roger's person centered theory.
- 8) Explain the concept, phases and issues of conative style. Discuss the modes of conation.

SECTION - C

Answer the following in 50 words each:

10 x 3 = 30 marks

- 9) Utilitarian concept of mental health
- 10) Defense mechanisms
- 11) Models of genetic transmission
- 12) High order conditioning
- 13) Purpose of neuro psychological examination
- 14) Problems in characterizing abnormal behavior
- 15) Global Assessment of Functioning
- 16) Acculturation
- 17) Prosocial behavior
- 18) Social realism

MENTAL DISORDERS (052)
TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPC-052
Assignment Code: MPC-052/ASST/TMA/2018
Marks: 100

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each.

3 x 15 = 45 marks

- 1) Define epidemiology. Explain the types of epidemiological studies and the biases observed in such studies.
- 2) Discuss the principles of psychiatric interview.
- 3) Delineate the clinical features of anxiety disorders and their treatment.

SECTION – B

Answer the following questions in 400 words each.

5 x 5 = 25 marks

- 4) Explain the main elements of history taking and recording.
- 5) Discuss the symptoms and treatment for dissociative disorders.
- 6) Elucidate the risk factors for psychiatric disorders in India.
- 7) Describe the psychosocial treatment for mood disorders.
- 8) Explain the ways of psychological assessment of children.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 marks

- 9) Disorders of stream of thinking
- 10) Management of anorexia nervosa
- 11) Cohort studies
- 12) Parasuicidal Behaviour
- 13) Flat affect
- 14) Digit span test
- 15) Agoraphobia
- 16) Clinical features of Schizophrenia
- 17) Disability and health burden
- 18) Media and mental illness

MENTAL HEALTH IN SPECIAL AREAS (MPC 053)
TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPC - 053
Assignment Code: MPC - 053/ASST/TMA/2018
Marks: 100

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each.

3 x 15 = 45 marks

- 1) Explain the concept of marriage. Discuss the issues in marital relationship affecting mental health.
- 2) Explain the concept and purpose of rehabilitation.
- 3) Discuss the management of problem behavior in school children.

SECTION – B

Answer the following questions in 400 words each.

5 x 5 = 25 marks

- 4) Describe the clinical features of geriatric depression.
- 5) Discuss the role of family in child and adolescent mental health.
- 6) Explain the management of sexual dysfunction.
- 7) Explain functional behavioral assessment.
- 8) Explain the assessment process of learning disability.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 marks

- 9) Encopresis
- 10) Oppositional defiant disorder
- 11) Post traumatic stress disorder
- 12) Gender dysphoria
- 13) Approach/avoidance model
- 14) Spina bifida
- 15) Multisystemic therapy
- 16) Cognitive behavior therapy
- 17) Hallucinogens
- 18) Withdrawal

**SERVICES FOR THE MENTALLY ILL (MPC-054)
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC-054
Assignment Code: MPC-054/ASST/TMA/2018
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each.

3 x 15 = 45 Marks

- 1) Describe any three rights of the persons with Mental illness that you feel are most important. Give reasons.
- 2) Compare between Persons with Disability Act (PWD Act), 1995 and The Rehabilitation Council Act of India (RCI Act).
- 3) Explain the ABC Model with suitable example. Describe the techniques used in REBT.

SECTION – B

Answer the following questions in 400 words each.

5 x 5 = 25 Marks

- 4) 'Community care of the Mentally ill is one of the most important strategies to promote social responsibility'. Discuss with suitable reasons.
- 5) Explain the nonspecific factors that influence the outcomes of psychotherapy.
- 6) Describe cognitive biases/ distortions with suitable examples.
- 7) Explain crisis intervention and describe its approaches and treatment.
- 8) Discuss promotion of positive mental health with specific reference to India.

SECTION – C

Answer the following questions in 50 words each.

10 x 3 = 30 Marks

- 9) Civil responsibility
- 10) The epidemiological method
- 11) Social skills training
- 12) Mental fitness certificate
- 13) Multicultural counselling
- 14) Token Economy
- 15) Psychotherapy and Medication
- 16) Decatastrophizing
- 17) Suicide prevention programmes
- 18) Patient Assessment