

PGDMH

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

**Assignments
(July 2019 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 2019 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, 2019 Session	31st March, 2020	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/2019

Marks: 100

NOTE: All questions are compulsory.

SECTION A

Answer the following question in about 1000 words each. 3 x 15 = 45 marks

1. Discuss the different views toward the biological basis of body and mind. Elaborate upon the studies of neuro psychology which reflects the relationship between body and mind.
2. Discuss the contribution of genes towards the development of human mind.
3. Explain the criteria and measurement of normality and abnormality. Discuss the elusive nature and causes of abnormality.

SECTION B

Answer the following questions in about 400 words each. 5 x 5 = 25 marks

4. Discuss the contribution of Adler and Jung towards explanation of human behavior.
5. Explain the cultural context towards understanding mental illness.
6. Discuss the interpersonal nature of mental health problems.
7. Explain the various sociological theories related to mental health.
8. Explain the family perspectives towards the mental health issues.

SECTION C

Answer the following in about 50 words each. 10 x 3 = 30 marks

9. Mesmerism
10. Human need given by Erich Fromm
11. Naturalistic functionalism
12. The Social Unconscious
13. Neurotic needs given by Horney
14. Mental health as positive or spiritual emotions
15. Hypnotism
16. Intermittent schedule of reinforcement
17. Criticism of Humanistic Model
18. Existentialism

MENTAL DISORDERS (MPC-052)
Tutor Marked Assignment (TMA)

Course Code: MPC-052
Assignment Code: MPC-052/ASST/TMA/2019
Marks: 100

Note: All questions are compulsory.

SECTION-A

Answer the following questions in about 1000 words each. 3 x 15 = 45 marks

1. Describe the clinical features of schizophrenia.
2. Explain the concept 'global burden of illness'. Discuss its implication in mental illness.
3. Elucidate the important laboratory tests and physical investigations required for a person with mental illness.

SECTION-B

Answer the following questions in about 400 words. 5 x 5 = 25 marks

4. How do you make a diagnosis of a manic and depressive episode?
5. Discuss the clinical features and treatment of panic disorder.
6. Discuss the epidemiological studies related to psychiatric disorders in India.
7. Explain conative disturbances found in psychiatric disorders.
8. Elucidate the course and outcome of depressive disorder.

SECTION-C

Answer the following questions in about 50 words. 10 x 3 = 30 marks

9. Cognitive-behaviour therapy for depression
10. Hypochondriasis
11. Cohort studies
12. Disability and health burden
13. Characteristics of normal thought.
14. Alcohol Dependence Test (ADS)
15. The Rorschach Inkblot Test
16. Digit Span Test
17. Observation bias in epidemiological studies
18. Treatment for Post-traumatic Stress Disorder

MENTAL HEALTH IN SPECIAL AREAS (MPC 053)
Tutor Marked Assignment (TMA)

Course Code: MPC - 053
Assignment Code: MPC - 053/ASST/TMA/2019
Marks: 100

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in 1000 words each. 3 x 15 = 45 marks

1. Describe the signs and symptoms of mental retardation (intellectual disability). Discuss the causes and management of the same.
2. Discuss the mental health problems in the elderly with reference to the cognitive disorders in the old age.
3. Discuss the impact of mental health problems on work efficiency at the workplace.

SECTION – B

Answer the following questions in 400 words each. 5 x 5 = 25 marks

4. Elaborate the signs and symptoms of attention deficit hyperactivity disorder.
5. Differentiate between conduct disorder and oppositional defiant disorder. Discuss the psychological interventions for both.
6. Explain the gender specific risk factors related to mental health problems in women.
7. Explain bullying and discuss prevention measures for bullying in school.
8. Explain the causes of deliberate self-harm.

SECTION – C

Answer the following questions in 50 words each. 10 x 3 = 30 marks

9. Pica
10. Tourettes's disorder
11. Selective mutism
12. Impairment and handicapped
13. Multisensory method
14. PASS method
15. Cerebral palsy
16. Salient features of behavioural addiction
17. Depressants and Stimulants
18. Specific Mathematics disability

SERVICES FOR THE MENTALLY ILL (MPC-054)
Tutor Marked Assignment (TMA)

Course Code: MPC-054
Assignment Code: MPC-054/ASST/TMA/2019
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 myths and misconceptions about mental illness in Indian context and describe strategies to promote social responsibility.
2. Discuss in detail community mental health.
3. Describe schools of psychotherapy.

SECTION B

Answer the following questions in 400 words each. 5 x 5 = 25 Marks

4. Elucidate the legal responsibilities of the mentally ill.
5. Define psycho-social rehabilitation and discuss social skill training.
6. Describe the ethics in psychotherapy.
7. Elucidate the meaning and importance of documentation in mental health.
8. Discuss the challenges to mental health in India.

SECTION C

Answer the following questions in 50 words each. 10 x 3 = 30 Marks

9. Mental Health Act, 1987
10. Domestic Violence Act, 2005
11. Therapeutic Community
12. Vocational rehabilitation
13. The Rehabilitation Council Act of India
14. Unconditional Positive Regard
15. Dysfunctional Thought Records
16. Positive Mental Health
17. Health Management Information System
18. National Mental Health Programme