

PGDMH

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

**Assignments
(July 2020 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 2020 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, 2020 Session	31st March, 2021	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

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

**Course Code: MPC 051
Assignment Code: MPC 051/ASST/TMA/2020
Marks: 100**

NOTE: All Questions are compulsory.

Section A

Answer the following question in about 1000 words each. 15x3 = 45 Marks

1. Elaborate upon the role of family in mental illness.
2. Discuss the different models of mental health as conceptualized by Vaillant, 2003.
3. Describe the sociological theories related to mental health. Explain the role of culture towards mental health.

Section B

Answer the following questions in about 400 words each. 5x5 = 25 Marks

4. Discuss the studies of neuropsychology which reflect the relationship between body and mind.
5. Explain the criteria and measurement of normality and abnormality.
6. Explain the stages of psychosocial development as mentioned by Erik Erikson.
7. Explain the different types of cognitive functions.
8. Discuss the concept of mind in Ayurveda.

Section C

Answer the following in about 50 words each. 10x3 = 30 Marks

9. Issues of conative style
10. Karen Horney's theory of neurosis
11. Purposes of neuropsychological examinations
12. Types of prejudice
13. Models of genetic transmission
14. Schedules of reinforcement
15. Global assessment of functioning
16. Social realism
17. Utilitarian concept of mental health
18. Roger's person centered theory

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

**Course Code: MPC-052
Assignment Code: MPC-052/ASST/TMA/2020
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 etiology and treatment of schizophrenia.
2. Discuss anxiety disorders and their treatment.
3. Elucidate the general principles of interviewing.

SECTION-B

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

4. Describe the symptoms and signs of mania.
5. Discuss the types and treatment of sleep disorders.
6. Explain the importance of assessment of disability. Suggest some measures to promote welfare of people affected with mental disorders.
7. Describe the main components of Mental Status Examination.
8. Discuss the objectives of psychological assessment. Describe Wechsler Memory Scale III.

SECTION-C

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

9. Psychoeducation for mood disorder
10. Clinical picture of Posttraumatic Stress Disorder
11. Undifferentiated somatoform disorder
12. Gender identity disorder
13. Management of eating disorders
14. Types of epidemiological research
15. Media and mental illness
16. Closing of interview
17. Standard Progressive Matrices
18. Ethical aspects of psychological testing

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

**Course Code: MPC - 053
Assignment Code: MPC - 053/ASST/TMA/2020
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in about 1000 words each. 3x15 = 45 marks

1. Discuss the assessment of mental disorders in the elderly.
2. Describe the consequences and etiology of alcohol abuse and dependence.
3. Discuss the factors causing behavioural addiction and explain the interventions for it.

SECTION – B

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

4. Explain the pervasive developmental disorders.
5. Discuss the management of persons involved in deliberate self harm.
6. Discuss the risk factors for mental health problems at the workplace.
7. Discuss the prevention of intellectual disability (mental retardation).
8. Describe the diagnosis of cerebral palsy and its types.

SECTION – C

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

9. Oppositional defiant disorder
10. Rumination disorder
11. Elimination disorders
12. Delirium
13. Reminiscence therapy
14. Dialectical behavior therapy
15. Yerkes Dodson Law
16. Problem-focused and emotion-focused coping
17. Exposure with response prevention
18. Motivational interviewing

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

**Course Code: MPC-054
Assignment Code: MPC-054/ASST/TMA/2020
Marks: 100**

**NOTE: All Questions are compulsory.
The answers are to be written in own words. Do not copy from the course material
or any other source.**

SECTION A

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

1. Discuss the rights of persons with mental illness.
2. Describe the role and relevance of social skill training and vocational rehabilitation in rehabilitation of mentally ill persons.
3. Discuss the concept of psychotherapy and explain its phases and modalities.

SECTION B

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

1. Describe the activities which can be taken up to promote mental health.
2. Describe the strategies to promote social responsibility.
3. Explain Persons with Disability Act, 1995.
4. Elucidate Rational Emotive Behaviour Therapy.
5. Explain the concept and nature of anger.
6. Explain the concept of documentation with a focus on its process.

SECTION C

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

1. Mental Health Act, 1987
2. National Trust Act, 1999
3. Mental Fitness Certificate
4. Core beliefs
5. Types of stress
6. Crisis intervention
7. Policies and planning
8. Multicultural counselling
9. Active listening
10. Indicators of Positive Mental Health