

**MASTER OF SCIENCE IN COUNSELLING  
AND FAMILY THERAPY / POST GRADUATE  
DIPLOMA IN COUNSELLING AND FAMILY  
THERAPY (MSCCFT/PGDCFT)**

**Term-End Examination**

**June, 2021**

**MCFT-002 : MENTAL HEALTH AND DISORDERS**

*Time : 3 hours*

*Maximum Marks : 100*

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**Note :** Answer any **five** questions in about 600 words each. All questions carry equal marks.

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1. Discuss the term Positive Mental Health in your words. How can one ensure positive mental health for oneself? 20
  
2. What is the purpose of Mental Status Examination (MSE) ? Describe various components of MSE in detail. 20
  
3. What are the options available for treatment of mood disorders ? How long should one continue treatment in a patient with mood disorders ? 20
  
4. How does psychoeducation help in the treatment of schizophrenia ? Explain. 20

5. What is Social Phobia ? Explain types of social phobia. Enumerate the main clinical characteristics for recognising social anxiety disorders. 20
6. 'Depression' is becoming a common term these days. Discuss how depression affects the individual. 20
7. What are the factors which contribute to the prolonged mental illness in Indian context ? Support your answer with examples. 20
8. What are the different methods for identification and assessment of hearing impairment ? What is the significance of early identification ? 20
9. Write short notes on any **four** of the following in about 150 words each :  $4 \times 5 = 20$
- (a) Mental Retardation
  - (b) Somatoform Disorder
  - (c) Eustress
  - (d) Dementia
  - (e) Temper Tantrums
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