

No. of Printed Pages : 3

MCFT-002

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY AND  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**June, 2011**

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

*Time : 3 hours*

*Maximum Marks : 100*

*Note : Answer five questions in all. Question No. 1 is compulsory.*

1. Define *any ten* of the following in 2-3 sentences each : **10×2=20**
- (a) Mental health.
  - (b) Nosological systems
  - (c) Psychosis
  - (d) Delirium
  - (e) Anxiety
  - (f) Enuresis
  - (g) Delusion
  - (h) Mania
  - (i) Denial
  - (j) Depression
  - (k) Chronic illness
  - (l) Behavioural disorders.

2. (a) Define neurosis. 4
- (b) Differentiate between neurosis and psychosis. 6
- (c) Classify neurotic disorders. 4
- (d) Discuss briefly causes of neurotic disorders. 6
3. (a) State the causes and risk factors of depression. 6
- (b) Briefly describe different types of grief. 4
- (c) How can you help a person who has suicidal tendency ? Explain with the help of an example. 10
4. (a) Discuss emotional disorders during childhood. 10
- (b) Explain how would you assess behavioural and emotional disorders during childhood and adolescent ? 10
5. A 71 year old woman visits a family therapist along with her family members. Her daughter-in-law reports that these days she often forgets names of the people, days, dates, etc. She was at times not cooperative with the family therapist and would not answer all the questions asked by the therapist.

- (a) Analyse what is the problem with the old woman. 2
- (b) Describe the characteristics of the illness. 5
- (c) Discuss management of the illness 5
- (d) Briefly discuss the other cognitive disorders. 8
6. (a) What do you understand by the term mood disorders ? 5
- (b) Give clinical features of depressive episode and manic episode.  $7\frac{1}{2}+7\frac{1}{2}$
7. (a) Define the term 'disability' with the help of examples. 5
- (b) State the distinction between disability, impairment and handicap. 7
- (c) Enumerate any eight myths related to the persons with disability. 8
8. (a) Describe the various sensory impairments. 5
- (b) Discuss the interventions used for persons with visual impairment. 15
9. Critically discuss psychosocial rehabilitation for mentally ill persons. 20

No. of Printed Pages : 3

MCFT-002

00075

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY AND  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**December, 2011**

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :** *Answer five questions in all. Question No. 1 is compulsory.*

1. Write short notes on *any five* of the following :  $5 \times 4 = 20$ 
  - (a) Stress
  - (b) Dementia
  - (c) Mental retardation
  - (d) Schizophrenia
  - (e) Defense mechanisms
  - (f) Mental health
  - (g) AIDS
  
2.
  - (a) How can you identify generalized anxiety disorder in an individual ? 5
  - (b) State the characteristics of obsessions and compulsions and also differentiate between them. 15

3. (a) Discuss factors contributing to the development of personality disorders. Give examples to substantiate your answer. 10
- (b) Outline the characteristics of any five common individual personality disorders. 10
4. (a) Discuss application of counselling and family therapy in the context of childhood psychiatric disorders. 10
- (b) Differentiate between the features of normal and abnormal grief. 10
5. Anita is a student of a reputed college. Her scores have been declining considerably in recent times. She remains sad most of the time. She feels hopeless and miserable. She avoids company. She stays alone most of the time and does not have any friend now. She does not talk to anyone at home or at college. She is referred to the college counsellor by one of her classmates. Now help the college counsellor to analyse her.
- (a) Identify the illness of Anita. 2
- (b) Describe the causes and risk factors of the same. 10
- (c) Discuss the evaluation and treatment of Anita's illness from the counsellor's perspective. 8

6. (a) What is schizophrenia ? Describe the clinical features and different types of schizophrenia. 10
- (b) Discuss the family based interventions and rehabilitation in schizophrenia. 10
7. (a) Describe the causes and consequences of substance use disorders. 10
- (b) Outline the various conditions that lead to locomotor disability. 10
8. (a) Describe the causes of mental retardation. 10
- (b) Highlight the appropriate intervention strategies and the role of community members with reference to persons with mental retardation. 10
9. Discuss National Mental Health Programme of India. 20
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No. of Printed Pages : 3

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**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY AND  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**June, 2012**

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

*Time : 3 hours*

*Maximum Marks : 100*

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**Note :** *Answer five questions in all.*

*Question No. 1 is compulsory.*

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**1. Explain *any four* of the following : 4x5=20**

- (a) Classification of mental disorders
- (b) National Mental Health Programme
- (c) Clinical features of dementia
- (d) Self medication and drugs
- (e) Bereavement
- (f) Mental retardation
- (g) Pharmacotherapy

**2. Discuss the common psychological responses of 20  
individuals when diagnosed with chronic illness.**

3. (a) Explain what is "stress" ? 3  
(b) Describe any two theories of stress. 3+3  
(c) Outline emotional and cognitive model of stress. 3  
(d) Describe the various types of stress. 8
4. Discuss the various other disorders that could be present in an individual with severe mental retardation. 20
5. (a) Define "mood". 4  
(b) Differentiate between depressive disorder and bipolar disorder. 6  
(c) State clinical features of depressive episode. 5  
(d) State clinical features of manic episode. 5
6. Discuss the role of family, and the importance of family based intervention, in treating patients with schizophrenia. 20
7. (a) Describe PTSD in detail. 10  
(b) Discuss management of neurotic disorders. 10
8. 'Suicide rate in India is increasing tremendously'.  
(a) Discuss the causative factors of suicide in India. 10  
(b) Discuss the role a counsellor/family therapist can play in preventing suicides. 10

9. Write short notes on *any four* of the following : 4x5=20
- (a) Deformities in polio
  - (b) Psycho education
  - (c) Supportive therapy
  - (d) Abnormal grief
  - (e) Need for assessment of mental disorders.
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MCFT-002

00219

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY /  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**December, 2012**

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :** Answer five questions in all. Question No. 1 is compulsory.

1. Define *any ten* of the following in 2 - 3 sentences each : 10x2=20
- (a) Mental disorder
  - (b) Paraplegia
  - (c) Psychiatric disability
  - (d) IEP
  - (e) Adaptive skills
  - (f) REM
  - (g) Dysthemia
  - (h) Rituals in neurosis
  - (i) Free floating anxiety
  - (j) Panic attack
  - (k) Hallucinogens
  - (l) Inhalants
  - (m) Mood
  - (n) Problem - focussed coping

2. (a) Differentiate between ICD -10 and DSM - IV. 10  
(b) Explain *any five* of the following acronyms : 5x2=10  
(i) F00 - F09  
(ii) F40 - F49  
(iii) F70 - F79  
(iv) F80 - F89  
(v) Section 8 of DSM - IV  
(vi) Section 9 of DSM - IV  
(vii) Section 12 of DSM - IV

3. Discuss psychosocial management of severe mental illness. 20

4. Explain the role of community members in fostering the overall development of persons with : 20

(a) Mental retardation

OR

(b) Hearing impairment

5. Discuss the various psychiatric disorders that could be present in cancer patients. 20

6. (a) Define personality disorders. 5

(b) Explain classification of personality disorders. 5

(c) Discuss characteristics of any two individual personality disorders. 5+5=10

7. (a) Classify common disorders of childhood and adolescence. 5
- (b) Discuss causes of childhood and adolescent psychiatric disorders. 5
- (c) Explain the assessment of childhood and adolescent disorders. 10
8. (a) Distinguish between disability, impairment and handicap. 10
- (b) Discuss how a society truly inclusive of persons with disabilities be created in the context of the region you belong to. 10
9. Write short notes on *any four* of the following : 4x5=20
- (a) Visual impairment
- (b) Deaf - blindness
- (c) Genetic counselling
- (d) Dimensions of positive mental health
- (e) Chronic illness

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MCFT-002

**MASTER OF SCIENCE IN COUNSELLING AND  
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POST GRADUATE DIPLOMA IN  
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**Term-End Examination**

**June, 2013**

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

*Time : 3 hours*

*Maximum Marks : 100*

*Note : Answer five questions in all. Question No. 1 is compulsory.*

1. Define **any ten** of the following in 2 - 3 sentences each : 10x2=20
- (a) Prosthetics
  - (b) Genetic counselling
  - (c) FAS
  - (d) Melancholia
  - (e) Borderline personality
  - (f) Panic attack
  - (g) Addiction
  - (h) Bizarre delusions
  - (i) ECT
  - (j) Chronic renal failure
  - (k) Anxiety
  - (l) Mental health

2. (a) Delineate the objectives of National Mental Health Programme. 10
- (b) Discuss the National Mental Health Programme in the eleventh five year plan. 10
3. Discuss the psychological response to chronic illness. Support your answer with examples. 20
4. (a) Outline the various drugs which are used in substance abuse. 5
- (b) Describe the profile of substance users in India. 5
- (c) Discuss the consequences of substance use on self and family. 10
5. (a) What do you understand by "mood"? Give examples to support your answer. 5
- (b) Describe the clinical features of mood disorders. 15
6. (a) Outline in detail the developmental disorders prevalent during childhood. 10
- (b) Explain assessment of childhood disorders with the help of an example. 10
7. (a) Discuss classification of personality disorders. 10
- (b) Explain factors that contribute to the development of personality disorders. 10

8. (a) List various tests which can be used to diagnose mental retardation. 5
- (b) What are the characteristics of children with mental retardation ? 10
- (c) Can we prevent mental retardation ? Give reasons to support your answer. 5
9. Discuss the role of counsellor and family therapist in psychosocial rehabilitation of mentally ill persons. 20



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MASTER OF SCIENCE IN COUNSELLING AND  
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POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY  
Term-End Examination

December, 2013

MCFT-002 : MENTAL HEALTH AND DISORDERS

Time : 3 hours

Maximum Marks : 100

Note : Answer five questions in all.

Question No. 1 is compulsory.

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1. Define any ten of the following in 2-3 sentences each : 10x2=20
- (a) Schizophrenia
  - (b) Pica
  - (c) Eustress
  - (d) Mood
  - (e) Dementia
  - (f) Sedative
  - (g) Bereavement
  - (h) Obsessions
  - (i) OCD
  - (j) Psychosocial rehabilitation
  - (k) IQ
  - (l) Phobia
2. (a) Give an overview of various types of mental health problems prevalent in our country. 10
- (b) Describe national mental health programme during the eleventh five year plan. 10

3. (a) Discuss the mental health problems associated with skin diseases. 10
- (b) Outline the psychosocial intervention that you would recommend for an individual with chronic physical illness. 10
4. (a) Describe the examination of a patient with cognitive disorders. 10
- (b) Discuss management of dementia including the non-pharmacological therapies that may be used for the purpose. 10
5. (a) With the help of an example, explain how you would identify whether or not a person is suffering from schizophrenia. 10
- (b) Explain family based interventions which could be used with patients of schizophrenia. 10
6. (a) Give a case vignette of adjustment disorder and list down the clinical features which help in identifying the condition. 10
- (b) Discuss management of neurotic disorders. 10
7. (a) What is depression ? 5
- (b) With the help of an example(s), explain how depression affects the individual. 10
- (c) As a family therapist, how would you treat a patient suffering from depression ? 5

8. (a) Explain the role of community members in providing a caring and inclusive environment, with respect to children with mental retardation. Give example to support your answer. **10**
- (b) Outline the necessary interventions for persons with hearing impairment. **10**
9. (a) Outline any ten myths associated with persons with disabilities. **10**
- (b) What factors should a counsellor/family therapist consider while working with persons with disabilities ? **10**



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No. of Printed Pages : 3

00265

MCFT-002

No. 3

**MASTER OF SCIENCE IN COUNSELLING  
AND FAMILY THERAPY  
POST GRADUATE DIPLOMA IN COUNSELLING AND  
FAMILY THERAPY  
Term-End Examination  
June, 2014**

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

*Time : 3 hours*

*Maximum Marks : 100*

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**Note :** Answer *five* questions in all. *Question No. 1 is compulsory.*

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1. Explain *any four* of the following; in about 150 words each.  $4 \times 5 = 20$
- (a) Obsession
  - (b) Impulse control disorders
  - (c) Acute and transient psychosis
  - (d) Family based interventions
  - (e) Multiple disabilities
  - (f) Psychosocial rehabilitation
  - (g) Normal grief

2. (a) Describe some common obsessions & compulsions 10
- (b) State the characteristics of panic disorder. 10
3. Explain what factors contribute towards development of personality disorders. Give relevant examples. 20
4. (a) What are the symptoms and features indicative of hearing impairment in a child? 10
- (b) As a counsellor, what interventions would you suggest for a child having hearing impairment.
5. (a) Differentiate between mental illness and mental retardation. 10
- (b) Discuss the role the community members can play in the welfare of children/persons with mental retardation. 10
6. (a) How will you examine a person who is suffering from cognitive disorders? 10
- (b) Describe non-pharmacological management of dementia. 10

- 7 (a) Name and explain delusions that are found in schizophrenia. 10
- (b) Enumerate reasons for poor compliance to treatment in persons with schizophrenia. 10
8. Discuss the association of some major chronic diseases and mental illness, giving examples. 20
9. Write short notes on *any two* of the following. 10x2=20
- (a) District Mental Health Programme
  - (b) Mental status Examination
  - (c) Autism
  - (d) Psycho education

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MCFT-002

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY /  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**December, 2014**

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

*Time : 3 hours*

*Maximum Marks : 100*

*Note : Answer five questions in all.*

*Question No. 1 is compulsory.*

1. Explain **any four** of the following; in about 150 words each. 4x5=20
  - (a) Delusion
  - (b) Obsessive compulsive disorders
  - (c) Mania
  - (d) Amnestic disorder
  - (e) Borderline personality
  - (f) Deaf blindness
  - (g) Leprosy
2. What do you understand by the term stress management ? How would you use stress management to help your patient suffering from neurotic disorders ? 20
3. Discuss characteristics of individual personality disorders in detail. 20

4. (a) What are the causes of visual impairment ? 10  
(b) As a counsellor, what interventions would you suggest for a child having visual impairment ? 10
5. (a) List at least 10 myths related to persons with disabilities. 10  
(b) As a counsellor working in the community, what guidelines would you give to the community to create a disabled friendly society ? 10
6. (a) What will you tell the family members regarding the chances of recovery of a person suffering from schizophrenia ? Why ? 10  
(b) What are the common delusions that persons with schizophrenia may have ? 10
7. With the help of a case example, discuss the consequences of substance use on self and family. 20
8. Explain the steps of assessment in your own words for identification of any mental health disorder. 20
9. Write short notes on **any two** of the following : **2x10=20**  
(a) Types of mental health problems in India  
(b) Models of positive mental health  
(c) Separation anxiety disorder in children  
(d) Somatoform disorder

No. of Printed Pages : 2

MCFT-002

01220

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY /  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY  
Term-End Examination**

**June, 2015**

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

*Time : 3 hours*

*Maximum Marks : 100*

*Note : Answer five questions in all.*

*Question No. 1 is compulsory.*

1. Define **any ten** of the following in 2-3 sentences each : 10x2=20
  - (a) Nosology
  - (b) Mental health
  - (c) Operant stress
  - (d) Anxiety
  - (e) Delirium
  - (f) Mental retardation
  - (g) Gender identity disorders
  - (h) Delusion
  - (i) Encopresis
  - (j) Psychoactive substance
  - (k) Body image
  - (l) Life Skills Education (LSE)
2. How would you define stress ? Outline any one model of stress. Describe the different types of stress with the help of examples. 20

3. Discuss the impact of any one chronic physical illness on mental health of the patient. Give examples to support your answer. 20
4. (a) Differentiate between delusion and hallucination. Give relevant examples 10  
(b) Discuss the types of treatment available for schizophrenia. 10
5. (a) Explain five important terms which are used to describe the phenomenon of substance use, with relevant examples. 5x3=15  
(b) List five common substances used in our society. 5
6. (a) Discuss the factors contributing to the development of personality disorders. 10  
(b) Describe the assessment of personality and personality disorders. 10
7. (a) Differentiate between normal grief and abnormal grief. 5  
(b) Outline the processes one goes through when confronted with bereavement. 10  
(c) Discuss how is grief different from depression. 5
8. Define disability according to the human rights perspective. With the help of examples, differentiate between impairment, disability and handicap. Discuss the causes of disability. 20
9. Explain the different types of hearing loss. Discuss the interventions for hearing impairment. 20

No. of Printed Pages : 2

MCFT-002

**MASTER OF SCIENCE IN COUNSELLING AND  
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POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**December, 2015**

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :** (i) *Answer five questions in all.*  
(ii) *Question No. 1 is compulsory.*

1. Define any ten of the following in 2 - 3 sentences each : **10x2=20**
- (a) Health
  - (b) Emotional intelligence
  - (c) Cumulative stress
  - (d) Adjustment disorder
  - (e) Amnestic disorders
  - (f) Compulsion
  - (g) Impulse control disorders
  - (h) Enuresis
  - (i) Personality disorders
  - (j) Schizophrenia
  - (k) Somatoform disorder
  - (l) National Mental Health Programme (NMHP).
2. What is Chronic Illness ? Discuss the individuals psychosocial adaptation to chronic illness. **20**

3. (a) Discuss the various benefits of an assessment of mental disorders. 5  
(b) Describe the various components of assessment of mental disorders. 15
  4. (a) How mania is different from depression ? 5  
(b) Describe the treatment of mood disorders. 15
  5. Discuss the causes of substance abuse and dependence especially in India. Further, elaborate on the consequences of substance use. 20
  6. What is PTSD ? How PTSD is caused ? Discuss the clinical characteristics for recognizing PTSD. Outline PTSD with help of a case vignette. 20
  7. What is personality ? Classify personality disorders using DSM - IV and ICD - 10. Describe characteristics of any two individual personality disorders. 20
  8. What are the goals of psychosocial rehabilitation for mentally ill persons ? Discuss the values and principles of psychosocial rehabilitation for mentally ill individuals. 20
  9. What do you understand by the term locomotor disability ? State the various causes of locomotor disability. In your opinion, what should be done to promote inclusion of persons with locomotor disability at the societal level ? 20
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No. of Printed Pages : 3

**MCFT-002**

01431

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY /  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**June, 2016**

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :** (i) *Answer five questions in all.*

(ii) *Question No. 1 is compulsory.*

1. Explain **any four** of the following, in about 150 words each : **4x5=20**
  - (a) Hybrid model of mental health
  - (b) Psychosis
  - (c) Clinical characteristics of delirium
  - (d) Eustress and distress
  - (e) Substance withdrawal syndromes
  - (f) Phobia
  - (g) Insomnia
  
2. Define each of the following in 2 - 3 sentences only : **10x2=20**
  - (a) Emotional intelligence
  - (b) Nosology
  - (c) Somatoform disorder
  - (d) Temperamental characteristics

- (e) Psychosocial intervention
  - (f) Bereavement
  - (g) Sighted guide travel
  - (h) Club foot
  - (i) Intentional self harm
  - (j) Psychoeducation
3. (a) What are the different models of normality ? 10
- (b) Explain the meaning of positive mental health. Outline the steps that help to attain it. 10
4. (a) Describe the causes (any five) of locomotor disability. 10
- (b) Discuss the problems faced by persons with locomotor disability. How can we make our society an inclusive society ? 10
5. Discuss the Prognosis (Chances of recovery) with respect to **any two** of the following : 10x2=20
- (a) Depressive disorders
- (b) Schizophrenia
- (c) Substance use disorders
6. As a family therapist/counsellor, how would you diagnose the type of mood disorder in an individual ? Support your answer with the help of case examples. 20
7. Describe psychosocial adaptation to chronic illness. 20

8. (a) Distinguish between neurotic disorders and psychotic disorders. 10
- (b) With the help of any two theories, explain the causes of neurotic disorders. 10
9. Write short notes on **any two** of the following : 10x2=20
- (a) A case illustration of OCD
- (b) Common psychiatric problems of children and adolescents
- (c) Manpower development schemes in mental health
- (d) Intervention with a patient with suicidal tendency



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No. of Printed Pages : 3

MCFT-002

01344

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY /  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**December, 2016**

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

*Time : 3 hours*

*Maximum Marks : 100*

*Note : (i) Answer five questions in all.*

*(ii) Question No. 1 is compulsory.*

1. Explain any four of the following in about 150 words each : 4x5=20
  - (a) Positive mental health
  - (b) Dementia
  - (c) Hallucinations
  - (d) Dialectical Behaviour Therapy
  - (e) Delirium
  - (f) Mental status examination
  - (g) Treatment of chronic physical illness among individuals with obsessional personality
  
2. Define each of the following in 2 - 3 sentences only : 10x2=20
  - (a) Neurosis
  - (b) Genetic counselling
  - (c) Dependent personality disorder

- (d) Poliomyelitis
  - (e) Psychiatric disability
  - (f) Anoxia
  - (g) Visual impairment
  - (h) ADHD
  - (i) Mood
  - (j) Separation anxiety disorder
3. How would you define stress ? Describe the different models and theories of stress. 20
4. (a) With the help of examples, differentiate between impairment, disability, and handicap. 10
- (b) Discuss the importance of early identification and assessment of hearing impairment in our country. 10
5. As a family therapist, discuss how would you assess a patient with cognitive disorder. 20
- 
6. Explain the Psychosocial treatment of any two of the following : 10x2=20
- (a) Bipolar disorder
  - (b) Dementia
  - (c) Schizophrenia
7. (a) Describe the consequences of chronic illness with example. 10
- (b) Discuss the impact of stress or psychiatric symptoms in a patient suffering from skin disorders. 10

8. (a) Explain the characteristics of obsessions and compulsions. 5+5=10
- (b) Discuss the use of cognitive restructuring technique to treat a patient suffering from OCD. 10
9. Write short notes on **any two** of the following :
- (a) Association of early childhood experiences with personality disorders 10x2=20
- (b) Impact of depression on the individual
- (c) Defense mechanisms
- (d) District Mental Health Programme



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MCFT-002

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

**Term-End Examination**

**June, 2017**

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :** (i) *Answer any five questions.*

(ii) *All questions carry equal marks.*

- |    |     |  |    |
|----|-----|--|----|
| 1. | (a) | Define mental health.  | 5  |
|    | (b) | Why is there a need to study mental health ?                                     | 5  |
|    | (c) | Describe any one model of mental health and state its strengths and limitations. | 10 |

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- |    |     |  |    |
|----|-----|--|----|
| 2. |     | Describe the association between psychiatric disorders and skin diseases. Support your answer with examples. | 20 |
| 3. | (a) | What are the clinical features of dementia ?   | 10 |
|    | (b) | Discuss any two standard non-pharmacological therapies for management of dementia.                           | 10 |

4. (a) Describe the signs and symptoms of schizophrenia. 10  
 (b) Explain the significance of the following in the treatment for schizophrenia. 10  
 (i) Pharmacological treatment.  
 (ii) Family based interventions.
5. Suppose you are a Counsellor and have been approached by an individual suffering from generalized anxiety disorder. Discuss the areas you would focus on, for management of the condition. 20
6. (a) What is depression, and how does it, affect the individual ? Explain giving examples. 10  
 (b) Outline the major treatment modalities for depression. 10
7. (a) Discuss, with the help of examples, the common risk factors for suicide. 10  
 (b) What interventions would you recommend for individuals at risk for suicidal thoughts and behaviours ? 10
8. (a) What is disability ? 5  
 (b) Discuss, giving examples, how we can make our society disabled friendly and inclusive. 15
9. Write short notes on **any four** of the following :  
 (a) GAS model of stress. 4x5=20  
 (b) Physical consequences of substance use.  
 (c) Somatoform disorder.  
 (d) Dialectical behaviour therapy.  
 (e) Abnormal grief.  
 (f) ADHD.

No. of Printed Pages : 3

MCFT-002

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY /  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

00273

Term-End Examination

December, 2017

**MCFT-002 : MENTAL HEALTH AND DISORDERS***Time : 3 hours**Maximum Marks : 100**Note : (i) Answer any five questions.**(ii) All questions carry equal marks.*

- |    |     |   |    |
|----|-----|---|----|
| 1. | (a) | What is meant by mental disorder ?  | 5  |
|    | (b) | Analyse any two models of normality   | 10 |
|    | (c) | What, in your opinion, are five essential dimensions of positive mental health ?  | 5  |
| 2. | (a) | "Chronic physical illness impacts the mental health of the individual, and <i>vice versa</i> ". Do you agree with this statement ? Give examples to substantiate your answer. | 10 |
|    | (b) | Discuss the significance and modalities of psychosocial treatment of patients with chronic physical diseases.   | 10 |
| 3. | (a) | What are the common substances used in India ?  | 5  |
|    | (b) | In your opinion, what are the five most important factors that promote substance use ? Discuss, giving examples.  | 10 |
|    | (c) | Outline the psychological consequences of substance use.  | 5  |

4. (a) What is the difference between neurosis and psychosis ? 5
- (b) Suppose you are a counsellor and have been approached by an individual suffering from obsessive compulsive disorder. Discuss the areas you would focus on, for management of the condition. 15
5. What is the difference between normal grief and abnormal grief ? Why is intervention necessary in case of abnormal grief ? Describe the interventions you would suggest in case of abnormal grief. 20
6. (a) Analyse, giving examples, the major family factors that may cause behavioural and emotional problems in children. 10
- (b) Explain the significance of application of counselling and family therapy in understanding and correcting child and adolescent psychiatric disorders. 10
7. (a) State any five common myths, and the corresponding facts, related to persons with disabilities. 10
- (b) Discuss the vital interventions that are necessary in the context of hearing impairment. 10
8. (a) What are the characteristics of children with mental retardation ? 10
- (b) What is the role of the following in helping children with mental retardation who realise their potential ? 5+5=10
  - (i) Parents and significant others
  - (ii) Teachers and special educators

9. Write short notes on **any four** of the following :

- (a) Types of schizophrenia 4x5=20
  - (b) PTSD
  - (c) Dialectical behaviour therapy
  - (d) Psychosocial Rehabilitation
  - (e) Impairment, disability and handicap
  - (f) Suicidal ideation
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No. of Printed Pages : 2

MCFT-002

01635

**MASTER OF SCIENCE IN COUNSELLING AND  
FAMILY THERAPY /  
POST GRADUATE DIPLOMA IN  
COUNSELLING AND FAMILY THERAPY**

**Term-End Examination**

**June, 2018**

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :** (i) *Answer any five questions.*  
(ii) *All questions carry equal marks.*

1. Why is there a need to study mental health ?  
Describe any three models of mental health.  
5+5+5+5=20
2. Differentiate between eustress and distress. 20  
Discuss the effect of stress on health. Give  
example(s) to support your answer.
3. Describe the mental status examination of the 20  
patient with depression.
4. What is psychoeducation ? With help of a suitable 20  
example, explain how would you use  
psychoeducation in treatment of any one mental  
disorder.
5. List the major anxiety disorders which are 20  
classified under neurotic disorders. Describe any  
four causes of neurotic disorders.

6. Describe any five terminology related to suicide. Explain the intervention to be used in such a case. 20
7. With help of relevant examples, discuss how will you create a disabled friendly society. 20
8. (a) List the factors which contribute to the prolonged mental illness in Indian context. 10  
(b) Outline the role of counsellor and family therapist in psychosocial rehabilitation. 10
9. Write short notes on **any four** of the following : 4x5=20
- (a) Club foot
  - (b) Leprosy
  - (c) DSM - IV
  - (d) Schizoid Personality Disorder
  - (e) Stress inoculation training
  - (f) Mania
  - (g) SUDs

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**MCFT-002**

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

**Term-End Examination**

**00792**

**December, 2018**

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :**

*Answer any five questions.*

*All questions carry equal marks.*

1. Name delusions that are found in schizophrenia.  
What psychosocial treatment can be given to a  
patient of schizophrenia ? 20
2. What are the common substances used in India ?  
Describe the profile of substance users in your  
area. 20
3. How can a classificatory system help you in your  
chosen profession as a counsellor and family  
therapist ? Give examples to support your  
answer. 20

4. What are the psychiatric symptoms commonly associated with endocrine disorders ? In brief, discuss the psychosocial treatment in such cases. 20
  5. With help of a case vignette, describe the clinical characteristics that help to recognise somatoform disorders. Discuss, what are the risk factors that are associated with somatoform disorders. 20
  6. Describe how depression affects an individual by explaining causes, risk factors and course of depression. Give examples to support your answer. 20
- 
7. What is mental retardation ? Discuss the causes of mental retardation. 20
  8. List the various common features based on which persons having sensory impairment can be identified. What are the assessment tools used to measure visual functioning ? 20

9. Write short notes on any **four** of the following : **4×5=20**

- (a) Deaf Blindness
- (b) Genetic Counselling
- (c) Avoidant Personality Disorder
- (d) Paranoid
- (e) ICD – 10
- (f) Bipolar Disorder
- (g) Eustress

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No. of Printed Pages : 3

02304

MCFT-002

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

**Term-End Examination, 2019**

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

**Time : 3 Hours]**

**[Maximum marks : 100**

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**Note : Answer any five questions. All questions carry equal marks.**

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1. Suppose you are working with heart patients. Describe the psychiatric disorders that they are likely to suffer.[20]
2. Explain theories of stress with the help of examples, describe the ways in which stress can impact the physical and mental health of an individual. [20]
3. State the clinical features of a common cognitive disorder. Explain the standard non-pharmacological therapies that are recommended to manage it. [20]

4. Describe the characteristic features of psychosis. What are the reasons for poor compliance to treatment in persons with schizophrenia. [20]
5. State the characteristics of Generalized Anxiety Disorder. Discuss any three theories that may be used to explain its causes. [20]
6. Explain "Narcissistic Personality Disorder" and "Dependent Personality Disorder". Discuss the role of marital and family intervention in the management of these disorders. [20]
7. Discuss areas in which you think interventions are needed to make the society more caring and inclusive with respect to persons with disabilities. Give examples to support your answer. [20]
8. State the definition and causes of locomotor disability. Describe the various types of epileptic seizures, and steps that should be taken during the seizures. [20]
9. Write short notes on any four of the following :[5×4=20]
  - (a) Mental health as resilience

- (b) Somatoform disorder
- (c) Abnormal grief
- (d) ADHD
- (e) Types of hearing loss.

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No. of Printed Pages : 3      1468

**MCFT-002**

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

**Term-End Examination, 2019**

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

**Time : 3 Hours]**

**[Maximum Marks : 100**

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**Note :** Answer **any five** questions. All questions carry equal marks.

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1. Explain models of stress. Discuss the interventions that you would suggest for a XII standard student who is highly stressed about his future prospects. [20]
2. Suppose you are working with patients suffering from chronic renal failure. Describe the psychiatric disorders that they are likely to suffer. [20]
3. State the clinical features of a common mood disorder. Explain the psychosocial treatment and therapies that are recommended to manage it. [20]

4. Discuss the biological and environmental factors associated with substance use. Give examples to support your answer. [20]
5. Differentiate between neurotic and psychotic disorders. Briefly describe the major anxiety disorders which are classified under neurotic disorders. [20]
6. Explain "Paranoid Personality Disorder" and "Borderline Personality Disorder". Describe the role of early childhood experiences and family environment in the development of personality disorders. [20]
7. State causes of hearing impairment. How can hearing impairment in a young child be identified ? Discuss interventions needed with respect to children with hearing impairment. [20]
8. Explain the goals and guiding principles of psychosocial rehabilitation of individuals with mental illness. [20]
9. Write short notes on **any four** of the following : [5×4=20]
  - (a) The biological model of mental health
  - (b) Features of depression

- (c) Autism
- (d) OCD
- (e) Club foot

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**MCFT-002**

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

**Term-End Examination**

**June, 2020**

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

*Time : 3 Hours*

*Maximum Marks : 100*

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**Note :** (i) *Answer any five questions.*

(ii) *All questions carry equal marks.*

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1. How would you define "Normality" ? Describe the models of normality. 20

[ 2 ]

MCFT-002

2. What are the benefits of assessment of a mental disorder ? State the details that are recorded during the Mental Status Examination (MSE).  
20
3. Explain the main causes, and signs and symptoms of psychosis. 20
4. Discuss the consequences of substance use. 20
5. Define obsessive-ompulsive disorder. Enumerate the characteristics of obsessions and compulsions. 20
6. How does depression affect the individual ? Describe the important causal factors associated with the occurrence of depression. 20
7. Explain the different types of hearing loss. Discuss the intervention that you would advise in the case of a child born with hearing impairment. 20

[3]

8. Describe the precautions that a pregnant woman should take to prevent disability in her child. 20

9. Write short notes (in about 150 words each) on any *four* of the following : 5 each

(i) Interventions for stress

(ii) Amnestic disorder

(iii) Manifestation of mania

(iv) Dialectical behaviour therapy

(v) Human rights definition of disability

No. of Printed Pages : 3

**MCFT-002**

**MASTER OF SCIENCE IN  
COUNSELLING AND FAMILY  
THERAPY/POST GRADUATE  
DIPLOMA IN COUNSELLING AND  
FAMILY THERAPY (M. S. C. C. F. T./  
P. G. D. C. F. T.)  
Term-End Examination  
December, 2020**

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

*Time : 3 Hours*

*Maximum Marks : 100*

***Note :** Attempt any **five** questions. All questions  
carry equal marks.*

1. Describe the psychiatric disorders commonly associated with cancer patients. Discuss the psychosocial intervention you would advise for a cancer patient. 20
2. State the objectives with which the national mental health programme was launched. Analyse the areas of concern identified during the implementation of NMHP. 20

[ 2 ]

MCFT-002

3. Explain the clinical features of delirium. List the various aspects and processes that a family therapist should examine for cognitive disorders. 20
4. What are mood disorders ? Discuss psychoeducation in the context of treatment of mood disorders. 20
5. Explain the factors contributing to development of personality disorders. 20
6. Describe, giving examples, the features and management of conduct disorder. 20
7. Discuss measures for prevention of mental retardation. Outline the school-level intervention strategies that you would advise for slow learners. 20
8. What do you understand by the term 'Locomotor disability' ? Discuss rehabilitation in the context of locomotor disability. 20

[ 3 ]

9. Write short notes (in about **150** words each) on any *four* of the following : 4×5=20

- (i) Delusions in schizophrenia
- (ii) Substance dependence syndrome
- (iii) Characteristics of abnormal grief
- (iv) Functional hearing loss
- (v) Narcissistic personality disorder



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