

No. of Printed Pages : 3

MPC-051

**POST GRADUATE DIPLOMA IN MENTAL
HEALTH (PGDMH)**

Term-End Examination

00255

June, 2018

MPC-051 : FUNDAMENTALS OF MENTAL HEALTH

Time : 3 hours

Maximum Marks : 100

Note : All sections are compulsory.

SECTION A

*Answer any two of the following questions in about
600 words each :*

2×20=40

1. Explain the different structures of the brain.
Discuss the disorders related to the damage of
any part of the structure. 20
2. Discuss the types and functions of
neurotransmitters. Relate these to major
depressive disorders. 20
3. Define Conation. Discussing the phases of
conative style, and its functions, indicate in
detail how these are related to psychopathology. 20

SECTION B

*Answer any **five** of the following questions in about
250 words each :*

5×10=50

4. Explain the stages of psychosexual development and defense mechanisms with examples. Relate repression and reaction formation to explain two mental disorders. 5+5
5. Discuss Abnormality in terms of the criteria of Normality. Elucidate the various causative factors leading to abnormality. 3+7
6. Discuss Piaget's theory of cognitive development and indicate how it is used in explaining childhood behaviour disorders. 5+5
7. Explain the role of cultural context in understanding mental illness. Discuss two mental disorders that could be explained in terms of cultural factors. 4+6
8. Discuss the constituents of mind comparing Eastern and Western concepts. Explain how these could be used in diagnosis and treatment of mental disorders. 10
9. Explain anxiety disorders in terms of Karen Horney's concepts of basic anxiety, self theory and neurotic needs. 5+5

SECTION C

*Write short notes on any **two** of the following in about*

100 words each :

2×5=10

10. Systematic Desensitization **5**

11. DSM IV TR **5**

12. Social Perception and Mental Health **5**



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**POST GRADUATE DIPLOMA IN MENTAL
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Term-End Examination

December, 2018

**MPC-051 : FUNDAMENTALS OF MENTAL
HEALTH**

Time : 3 hours

Maximum Marks : 100

Note : All sections are compulsory.

SECTION - A

Answer any two of the following questions in
about 600 words each : **2x20=40**

1. Discuss the important concepts of Roger's Theory. **20**
Indicate how these concepts can be used in
diagnosis and treatment of mental disorders.
2. Elaborate the Ayurvedic concept of the mind. **20**
Explain mental health and mental illness in terms
of the ayurvedic concepts.
3. Discuss the family perspectives of mental health
issues. Explain the role of family in mental health
and mental illness. **10+10**

SECTION - B

Answer any five of the following questions in
about 250 words each : **5x10=50**

4. Discuss Erich Fromm's theory of personality. **10**
Explain some of the mental disorders in terms of
the five personality types of Fromm.

5. Describe the cognitive functions and elucidate the various diseases of the brain due to damage to cognitive functions. 10
6. Discuss the concept, criteria and causes of abnormality. Put forth the problems in diagnosis of abnormal behaviours. 10
7. Discuss Erikson's theory of Psychosocial development. Explain any two of the adolescent mental disorders in terms of Erikson's theory. 10
8. Elaborate the impact of immigration and acculturation on mental health. Explain culture-bound syndromes in this context. 10
9. Explain Maslow's theory of Personality. Discuss mental illness in terms of Maslow's motivation psychology. 10

SECTION - C

Write short notes on **any two** of the following in about 100 words each :

2x5=10

10. Mind and Mental health. 5
11. Somatogenic perspective of abnormal behaviour. 5
12. Sociological aspects of mental health. 5

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Term-End Examination

June, 2019

MPC-051 : FUNDAMENTALS OF MENTAL HEALTH

Time : 3 Hours

Maximum Marks : 100

Note : All Sections are compulsory.

Section-A

*Note : Attempt any two of the following questions in
about 600 words each.*

2×20=40

1. Discuss the role of family in mental health. 20
2. Discuss the normal and pathological cognitive functions. 10+10
3. Discuss the concept of mind in Ayurveda. Elucidate the functional concept of 'Manas'. 10+10

(A-43) P. T. O.

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Section-B

Note : Attempt any five of the following questions in about 250 words each.

5×10=50

4. Define Mental Health. Discuss mental health as subjective well being and as resilience. 3+7
5. Discuss the attribution theory relating individual's thinking and behaviour. Explain attribution in clinical setting. 7+3
6. What role do genes play in causing genetic disorders ? How are genes, environment and psychological disorders related ? 5+5
7. Discuss Normal and Pathological conative functions. Relate conative functions to well being. 5+5
8. Discuss the theory of operant conditioning. Explain cognitive therapies. 5+5
9. State the different models of mental health. Discuss in detail, mental health in terms of maturity and "positive or spiritual" emotions.

3+7

(A-43)

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Section-C

***Note : Write short notes on any two of the following
in about 100 words each.***

- | | |
|-------------------------------------------|---|
| 10. Utilitarian concept of mental health. | 5 |
| 11. Social Influence. | 5 |
| 12. Jung's Archetypes. | 5 |



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December, 2019

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Time : 3 hours

Maximum Marks : 100

Note : All Sections are compulsory.

SECTION - A

Attempt any two of the following questions in about 600 words each : 2x20=40

1. Elucidate the relationship between culture and mental health. Discuss the cultural factors in understanding mental illness. 10+10
2. Discuss the theories under humanistic psychology and explain mental health in the context of the theory. 12+8
3. Discuss Attribution theory and social influence as related to mental health. Elucidate the relevance of prejudice in mental health. 12+8

SECTION - B

Answer any five of the following questions in about 250 words each : 5x10=50

4. Discuss the contributions of neuropsychology in understanding brain and life experiences. 10
5. Discuss in detail the different psychosocial developmental stages put forward by Erik Erikson. 10
6. Discuss Alfred Adler's individual psychology, and its explanation of creative power. 7+3
7. Explain the purposes and goals of neuropsychological examination. What factors are evaluated in neuropsychological examination ? 5+5

8. Discuss the historical perspectives of mental illness. 10
9. Define abnormality. Discuss the various problems characterising abnormality. 3+7

SECTION - C

Write short notes on any **two** of the following in about **100** words each :

2x5=10

10. Western concept of mind 5
11. Culture Bound Syndromes 5
12. The Neurons and their functions 5



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**POST GRADUATE DIPLOMA IN
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Term-End Examination

June, 2020

MPC-051 : FUNDAMENTALS OF MENTAL HEALTH

Time : 3 Hours

Maximum Marks : 100

Note : All Sections are compulsory.

Section—A

Note : Answer any *two* of the following questions in
about 600 words each.

1. Define Mental Health. Discuss the *six* models of
mental health.

5+15

P. T. O.

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2. Discuss neuroanatomy of the brain and its functions. Delineate the brain diseases that affect the same. 10+10
3. Discuss cognitive functions in the context of well-being and pathology. 20

Section—B

Note : Answer any *five* of the following questions in about 250 words each.

4. Discuss the Freudian stages of Psycho-sexual development and the defense mechanisms of the ego. 5+5
5. Discuss the general cognitive functions and executive functions of the mind. 5+5
6. Discuss the cultural context of understanding mental illness. 10

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7. Explain the sociological theories related to mental health and its implications for mental illness. 5+5
8. Discuss the interpersonal nature of mental health problems and how the chronic and recurrent disorders are managed. 5+5
9. Elaborate the family perspectives of mental health issues. 10

Section—C

Note : Write short notes on any *two* of the following in about 100 words each. 5 each

10. Humanistic Psychology and Cognitive Psychology.
11. The Social Unconscious.
12. Horney's Neurotic Needs.

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Term-End Examination

December, 2020

MPC-051 : FUNDAMENTALS OF MENTAL HEALTH

Time : 3 Hours

Maximum Marks : 100

Note : *All Sections are compulsory.*

Section—A

Note : *Answer any **two** of the following questions in about **600** words each.*

2 × 20 = 40

1. Discuss the Eastern and Western concepts of Mind.
2. Discuss the definition and concept of normality and abnormality. Highlight its measurement and elusive nature.
3. Discuss the various historical perspectives of mental illness and mental health.

Section—B

Note : Answer any **five** of the following questions in about **250** words each. $5 \times 10 = 50$

4. Discuss the biological basis of mind, emotion and cognitions highlighting consciousness and the brain.
5. Discuss the role of genes and the models of genetic transmission in psychological disorders.
6. Discuss Adler's theory of individual psychology towards explaining neurosis highlighting the difference between Freud's psychoanalytical explanation of neurosis.
7. Discuss social attitudes, social perception and social influence on mental health.
8. Discuss "group process" in the context of mental health.
9. Describe Eric Erikson's theory of psychosocial development.

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Section—C

Note : Write short notes on any **two** of the following
in about **100** words each. $2 \times 5 = 10$

10. Mesmerism and Hypnotism

11. Role of culture in mental health

12. Erich Fromm's human needs



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