

2020

(6th Semester)

PSYCHOLOGY

Paper : PSY-UG-601

(**Mental Health and Psychopathology—I**)

Full Marks : 70

Pass Marks : 45%

Time : 3 hours

(PART : B—DESCRIPTIVE)

(*Marks : 45*)

*The figures in the margin indicate full marks
for the questions*

1. (a) How do you define mental health? What are the characteristics of mental health? 9

Or

- (b) "There are many such skills, but core life skills include the ability to be smart." What are the essential life skills that you can think of? Why do you think that life skills are important? 4+5=9

2. (a) Elaborate with examples the ways to relieve stress. Can stress change your personality? 4+5=9

Or

- (b) Describe the various types of stress which effects the mental health. 9

3. (a) What do you mean by psychopathology? Elucidate the different types of psychopathology. 4+5=9

Or

- (b) What is the difference between ICD and DSM? Describe the uses of ICD and DSM in different parts of the world. 4+5=9

4. (a) Describe in detail the signs and symptoms of delusions and hallucinations. 9

Or

- (b) Discuss the signs and symptoms of anxiety disorder. 9

5. (a) Discuss the different categories of intellectual developmental deficiency. 9

Or

- (b) Discuss the clinical picture of autism spectrum disorder. 9

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PSYCHOLOGY

Paper : PSY-UG-601

(Mental Health and Psychopathology—I)

(PART : A—OBJECTIVE)

(Marks : 25)

The figures in the margin indicate full marks for the questions

A. Choose the correct answer by putting a Tick (✓) mark
in the brackets provided : 1×10=10

1. Why is it important to have some understanding
of what causes a psychological disorder?

(a) A disorder cannot be identified unless there
is an understanding of where it came
from ()

(b) All recognized disorders have known
causes ()

(c) Biological treatments only work when a
disorder has a biological cause ()

(d) The selection of a treatment approach is
largely determined by assumptions about
causality ()

2. Which of the following is included in the DSM-5?
- (a) A discussion of the various causes of mental disorders ()
 - (b) A means of identifying different mental disorders ()
 - (c) A description of all conditions for mental illness ()
 - (d) A description of all the possible treatments for each other ()
3. Which of the following is not an element of abnormality?
- (a) Suffering ()
 - (b) Maladaptiveness ()
 - (c) Deviancy ()
 - (d) Comparison ()
4. A lack of energy, slow motor movements, poor concentration and persistent sadness are all indications of depression. Together they compromise a
- (a) syndrome ()
 - (b) cluster analysis ()
 - (c) symptom ()
 - (d) schema ()

5. Which of the following is a drawback of a structured interview?

(a) Important info is asked about in the same way ()

(b) Info from one is hard to compare the info from one another ()

(c) They may include questions about areas that are of no concern to the patient ()

(d) Each person that uses them in different ways ()

6. The aim of a projective test is to

(a) predict a person's future behaviour ()

(b) assess the way a patient perceives ambiguous stimuli and gain insight into unconscious processes ()

(c) compare a patient's responses to those of persons who are known to have mental disorders ()

(d) assess the role of organic factors in a patient's thinking ()

7. Nicole's mother is terribly afraid of snakes. Although Nicole has never actually seen a snake, her mother has told her time and again to be careful and look for them when she is walking. Now Nicole has an intense fear of snakes and refuses to walk in the grass. This is an example of the phobia acquisition called

(a) classical conditioning ()

(b) operant conditioning ()

(c) vicarious learning ()

(d) ego deficits ()

8. The impact that a stressful event will have on an individual depends on

(a) the severity of the stressor ()

(b) the individual's pre-existing vulnerabilities ()

(c) whether or not it is a psychosocial event ()

(d) Both (a) and (c) ()

9. For an adjustment disorder to be diagnosed, the symptoms must appear within _____ months of the stressor.

(a) two ()

(b) nine ()

(c) three ()

(d) six ()

10. Acute stress disorder becomes PTSD when

(a) the trauma is an event out of the realm of normal life experience ()

(b) the symptoms last for more than 2 weeks ()

(c) the symptoms last for more than 4 weeks ()

(d) the symptoms begin within 6 months of the trauma ()

B. Match the following and write the correct codes of Column—II in the brackets provided : 1×5=5

| <i>Column—I</i> | <i>Column—II</i> |
|--|---|
| 1. Sigmund Freud was the pioneer current of which model of psychopathology () | (a) suppressing bad memories or thoughts that cause anxiety |
| 2. Historical explanations of psychopathology () | (b) represents learning of specific behaviour through reward and reinforcement |
| 3. Operant conditioning than () | (c) origin in early experience rather being a manifestation of biological dysfunction |
| 4. Freud's idea to psychopathology () | (d) psychodynamic |
| 5. Repression () | (e) general paresis |

C. Answer the following questions :

2×5=10

1. What are the causes of psychopathology?

2. What are the types of mental illness?

3. What are the factors that can cause mental disorders?

4. Write any two signs and symptoms of OCD.

5. Distinguish between Dyslexia and Dyspraxia.
