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( 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 questions are of equal value*

1. (a) Define adjustment and maladjustment. Explain the criteria and factors of adjustment.

*Or*

- (b) Define life skills. Elucidate on the core areas of life skills identified by World Health Organization (WHO).

2. (a) Define the concept of stress. Discuss the different types of stress in detail.

Or

- (b) Distinguish between frustration and conflict. Elaborate the types of conflict with examples.

3. (a) Discuss in detail the different views / perspectives of abnormal behaviour.

Or

- (b) Illustrate the Multiaxial Assessment Classification (Axis) of DSM and any five main diagnostic categories of mental disorder of ICD with codes.

4. (a) What is obsession and compulsion? Explain the symptoms, causes and treatment of OCD.

Or

- (b) Define delusions and hallucinations. Elaborate the symptoms, causes and diagnosis of schizophrenia.

5. (a) Define autism. Elucidate the causes, symptoms and diagnosis of autism spectrum disorders.

Or

- (b) What is learning disability? Highlight on the types, symptoms and diagnosis.

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2019

( 6th Semester )

**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*

**SECTION—I**

( Marks : 15 )

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

1. Health condition that involves changes in emotion, thinking and behavior is associated with

(a) mental disorder ( )

(b) mental health ( )

(c) mental illness ( )

(d) psychopathology ( )

2. 'State of well being' refers to
- (a) mental disorder ( )
  - (b) mental health ( )
  - (c) mental illness ( )
  - (d) psychopathology ( )
3. Which one of the following is not an external cause of frustration?
- (a) Social factor ( )
  - (b) Physical factor ( )
  - (c) Economic factor ( )
  - (d) Mental conflict ( )
4. Stress can contribute to
- I. hypertension
  - II. coronary heart disease
  - III. headache
  - IV. insomnia
- (a) I, II ( )
  - (b) III, IV ( )
  - (c) I, III, IV ( )
  - (d) All of the above ( )

5. DSM stands for

- (a) Diagnostic and Statistical Manual of Mental Disorders ( )
- (b) Diagnosis and Statistics Manual ( )
- (c) Diagnostic and Statistics Classification of Mental Disorders ( )
- (d) None of the above ( )

6. ICD stands for

- (a) Internal Centre for Diseases ( )
- (b) International Classification of Diseases ( )
- (c) International Clinical Diseases and Disorders ( )
- (d) International Centre for Disorders ( )

7. A sudden feeling of intense and peak sense of impending, unavoidable doom is
- (a) anxiety ( )
  - (b) panic attack ( )
  - (c) phobia ( )
  - (d) compulsion ( )
8. Excessive and consistent anxiety and worry about everyday events with no reasons or explanations is
- (a) panic disorder ( )
  - (b) stress disorder ( )
  - (c) depression ( )
  - (d) generalized anxiety disorder ( )
9. Which of the following is an example of intellectual disability?
- (a) Dyslexia ( )
  - (b) ADHD ( )
  - (c) Mental retardation ( )
  - (d) Autism ( )

10. Which of the following characters is associated with mild mental retardation?

(a) Below 70 IQ ( )

(b) 20-30 IQ ( )

(c) Above 70 IQ ( )

(d) 40-50 IQ ( )

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

*Column—I*

*Column—II*

- |                       |        |  |
|-----------------------|--------|--|
| 1. Hans Selye         | (    ) | (a) open spaces                          |
| 2. Hardiness          | (    ) | (b) feeling of worry and tension         |
| 3. Agoraphobia        | (    ) | (c) genetic condition                    |
| 4. Anxiety            | (    ) | (d) stress (general adaptation syndrome) |
| 5. Mental retardation | (    ) | (e) coping style                         |



SECTION—II

( Marks : 10 )

C. Answer the following questions :

2×5=10

1. Write any two characteristics of mental health.

2. How does one cope with stress effectively? Briefly explain any two strategies.

3. Distinguish between normality and abnormality.

4. What is specific phobia and social phobia?

5. Write a note on ADHD.

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