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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 figures in the margin indicate full marks
for the questions*

1. (a) Define mental health. Enumerate some essential life skills. 2+7=9

Or

- (b) What do you mean by adjustment? Discuss the various factors of adjustment. 2+7=9

2. (a) Define conflict. Explain the sources of conflict and measures of conflict resolution. 1+8=9

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(Turn Over)

Or

- (b) Define stressors. Discuss some of the coping mechanisms to deal with stress.

2+7=9

3. (a) Illustrate, in detail, the concept for defining normality and abnormality. 9

Or

- (b) Discuss the various classification models of psychopathology. 9

4. (a) Describe delusions and hallucinations as symptoms of schizophrenia. 9

Or

- (b) Define OCD and discuss its various symptoms. 2+7=9

5. (a) Discuss the causes and symptoms of autism spectrum disorders. $4\frac{1}{2}+4\frac{1}{2}=9$

Or

- (b) What are learning disabilities? Explain the types of learning disabilities. 2+7=9

2024

(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

A. Write short notes on :

2×5=10

1. Maladjustment

2. Types of Stress

1. Anxiety disorder

3. DSM

3. DSM

4. Anxiety disorder

(6)

5. ADHD

Anxiety disorder

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B. Match the following in List—I with that of List—II by writing the codes of List—II in the brackets provided :

1×5=5

List—I

List—II

1. Hallucinations () (a) Positive stress
2. Philippe Pinel () (b) Respect for self and others
3. Eustress () (c) ADHD
4. Neuro-developmental disorder () (d) Schizophrenia
5. Well-adjusted person () (e) Mental hygiene movement

C. Put a Tick (✓) mark against the correct answer in the brackets provided : 1×10=10

1. Decision making, problem solving and information gathering skills are related to
 - (a) critical thinking ()
 - (b) imaginative thinking ()
 - (c) communication skills ()
 - (d) awareness skills ()

2. An individual's ability to appreciate the strengths and weaknesses of one's own character is known as
 - (a) self-esteem ()
 - (b) self-awareness ()
 - (c) empathy ()
 - (d) negotiation skill ()

3. Which of the following types of conflict a person is faced with two goals with negative values?
 - (a) Approach-approach ()
 - (b) Approach-avoidance ()
 - (c) Avoidance-avoidance ()
 - (d) Double approach-avoidance ()

4. Hans Selye proposed which model?
- (a) General stress adaptation ()
 - (b) General coping style ()
 - (c) General adaptation syndrome ()
 - (d) Stress adaptation style ()
5. ICD was introduced by
- (a) APA ()
 - (b) UNICEF ()
 - (c) UNESCO ()
 - (d) WHO ()
6. All of the following are dimensions of abnormality, **except**
- (a) dysfunction ()
 - (b) distress ()
 - (c) deviance ()
 - (d) dilemma ()
7. _____ involves a general feeling of apprehension about possible future danger.
- (a) Obsession ()
 - (b) Anxiety ()
 - (c) Delusion ()
 - (d) Compulsion ()

8. A strongly held false belief is
- (a) delusion ()
 - (b) hallucination ()
 - (c) confusion ()
 - (d) anxiety ()
9. _____ is marked by a persistent pattern of difficulties sustaining attention and excessive motion activity.
- (a) Autism ()
 - (b) Down syndrome ()
 - (c) ADHD ()
 - (d) Dyslexia ()
10. Deficits in social-emotional reciprocity is a criterion for
- (a) ADHD ()
 - (b) autism spectrum disorder ()
 - (c) Tourette's disorder ()
 - (d) dyslexia ()
