



Maximum

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test - I August 2024

III Semester

Class: II UG

**Course: Music/Economics/Biochemistry and Biotechnology/Zoology/
Food Science and Nutrition/Visual Communication**

Time: 2 Hours

Max. Marks: 60

23BPSGE3 Psychology and Mental Health

Course Outcome:

1. Understanding the status of mental health problem in India and the world.
2. Starting conversations around mental health and creating mental health awareness amongst non-Psychology student
3. Being able to identify people suffering from common mental health problems like anxiety and depression.
4. Understanding and enhancing positive mental health and well being

Part-A

6x1=6

Choose the correct answer

1. The chief distinguishing feature of psychotic disorders is CO1 K1
a.confusion of fantasy and reality b. antisocial conduct.
c. overwhelming anxiety. d. obsessive behavior.
2. A common form of mental disorder afflicting 10-20% of the population is CO1 K1
a. schizophrenia b. senile dementia c. depression d. delusional disorder
3. A core feature of all abnormal behavior is that it is CO1 K1
a. culturally absolute b.learned c.maladaptive d.dependent on age.
4. The most severe psychological disorder is a(n) CO2 K1
a. personality disorder b. psychosomatic illness
c. anxiety disorder. d. psychosis
5. Schizophrenia is most commonly found in CO2 K1
a. adolescents b. young adults c. the middle aged d. the elderly
6. Obsessive-compulsive behavior, panic, and phobias are formally classified as CO2 K1
this disorders. 3x6=18
a. Psychotic b. manic c. anxiety d. mood

Part- B

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 7.a. outline on the Issues of mental health in India CO1 K2
(or)
- 7.b. Identify mental health challenges to help reduce the stigma of mental illness CO1 K3
- 8.a. Elaborate on the Mental Health issues in adolescence and young adults CO1 K3
(or)
- 8.b. Expound on the invisible monsters CO2 K4
- 9.a. List the signs and the symptoms of anxiety. CO2 K3
(or)
- 9.b. State the causes of depression. CO3 K4

Part-C

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. write a brief note on importance of mental health. CO1 K1
(or)
- 10.b. Discuss about Some common conditions and their epidemiology CO1 K3
- 11.a. Delineate on the Bullying, academic grades and body image CO1 K3
(or)
- 11.b. Evaluate on the Suicide Preventative treatment measures CO2 K4
- 12.a. Assess the relational issues with parents and friends/romantic partners CO2 K4
(or)
- 12.b. Enumerate on the causes and symptoms of depression with a case study CO2 K3