



Hambal

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – November 2024

III Semester

Class: II UG

Major: All Majors

Time: 3 Hours

Max. Marks: 100

23BPSGE3 Psychology and Mental Health

Course Outcomes:

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 students.
3. Being able to identify people suffering from common mental health problems like anxiety and depression.
4. Learning to provide psychological first aid to people, Understanding and enhancing positive mental health and well being

Part A

10 x 1 = 10

Choose the Correct Answer

1. Signs of mental illness are CO1 K1
 - a. Abnormal changes in thinking, perception and judgment
 - b. Abnormal changes in feeling and memory
 - c. Abnormal changes in behaviour towards others
 - d. all of the above
2. Psychosis is characterized by CO1 K1
 - a. Loss of touch with reality
 - b. Prolonged emotional reaction to a given stress
 - c. Anxiety, fear, sadness, vague aches and pains
 - d. All of the above
3. People suffer from mental disorders in India number CO1 K1
 - a. 1-1.5million
 - b. 6-7 million
 - c. 10-15 million
 - d. 60-70 million
4. A common form of mental disorder afflicting 10-20% of the population is CO2 K1
 - a. schizophrenia
 - b. senile dementia
 - c. depression
 - d. delusional disorder
5. The chief distinguishing feature of psychotic disorders is CO2 K1
 - a. confusion of fantasy and reality.
 - b. antisocial conduct.
 - c. physical disability
 - d. depression
6. It is a mood disorder that causes a persistent feeling of sadness and loss of interest CO3 K1
 - a. Anxiety
 - b. mood disorder
 - c. suicidal
 - d. depression
7. A serious public health problem that can have long-lasting effects on individuals, families, and communities. CO3 K1
 - a. Neurosis
 - b. psychosis
 - c. Schizophrenia
 - d. Suicide
8. This type of guidance is given to individuals for choosing a job or to clarify problems in certain jobs. CO4 K1
 - a. educational
 - b. family
 - c. vocational
 - d. group
9. This is a process by which individuals are assisted in making adequate adjustments to life's situation CO4 K1
 - a. assisting
 - b. helping
 - c. guidance
 - d. affirming
10. Community health aims to CO4 K1
 - a. care of the infants and old
 - b. care of infirms
 - c. Improvement of health of all
 - d. improvement of health of children

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5 x 6 = 30

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| 11.a. Enumerate on the key concepts of mental health.
(or) | CO1 K2 |
| 11.b. Give a brief account on the impact of mental illness. | CO1 K2 |
| 12.a. Outline on the Issues of mental health in India.
(or) | CO1 K3 |
| 12.b. Identify mental health challenges to help reduce the stigma of mental illness. | CO2 K3 |
| 13.a. Expound on the invisible monsters.
(or) | CO2 K4 |
| 13.b. Elaborate on the Mental Health issues in adolescence and young adults. | CO2 K4 |
| 14.a. List the signs and the symptoms of anxiety.
(or) | CO3 K3 |
| 14.b. State the causes of depression. | CO3 K4 |
| 15.a. Discuss about counselling and its types.
(or) | CO4 K3 |
| 15.b. Demonstrate the various forms of guidance | CO4 K3 |

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5 x 12 = 60

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| 16.a. Discuss about Some common mental health conditions and their epidemiology
(or) | CO1 K2 |
| 16.b. Give a detailed account on Biopsychosocial model of mental health. | CO1 K2 |
| 17.a. Write a brief note on Importance of mental health.
(or) | CO2 K3 |
| 17.b. Delineate on the Bullying, academic grades and body image | CO2 K3 |
| 18.a. Discuss about the signs and symptoms of depression.
(or) | CO2 K3 |
| 18.b. Evaluate on the Suicide Preventative treatment measures | CO2 K4 |
| 19.a. Assess the relational issues with parents and friends/romantic partners
(or) | CO3 K4 |
| 19.b. Enumerate on the RAPID model with a case study | CO3 K3 |
| 20.a. Compare and contrast Counselling and guidance.
(or) | CO4 K4 |
| 20.b. Understand the efficacy and effectiveness of mentoring. | CO4 K5 |