

PGDMH

**PG DIPLOMA IN MENTAL HEALTH
(PGDMH)**

**Assignments
(July 2022-January 2023 Session)**



**Discipline of Psychology
School of Social Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068**

PG DIPLOMA IN MENTAL HEALTH

Assignments – July 2022-January 2023 Session

Dear Learner,

You have to complete one Tutor Marked Assignment (TMA) for each of the courses in the PG Diploma in Mental Health (PGDMH). Each assignment has three sections with number of questions and all need to be answered.

Before you attempt the assignments, please read the instructions carefully provided in Section 7.1 of the Programme Guide. It is important that you write the answers to all the TMA questions in your own words. Your answers should be within the approximate range of the word-limit set for a particular section. Remember, writing answers to assignment questions will improve and sharpen your understanding of the concept.

Submission

You need to submit all the assignments within the stipulated time for being eligible to appear in the term-end examination. The completed assignments should be submitted as per the following schedule.

Session	Last Date of Submission	To be Sent
For July, 2022 Session	31st March, 2023	To The Coordinator of the Study Centre allotted to you
For January 2023 Session	30th September 2023	

Please obtain a receipt from the study centre for the assignments submitted and retain it. Also keep a photocopy of the assignments with you. The Study Centre will return the assignments to you after they are evaluated. The completed assignment should be sent to the Coordinator / Programme In-charge of the Study Centre/ Programme Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Student Evaluation Division at Head Quarters for evaluation.

INSTRUCTIONS

Following instructions are to be carefully followed before writing the assignments:

1. Provide information about your Enrolment Number, Name, Full Address, Signature and Date on title page of your assignment. Also provide details about the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the title page. Course Code and Assignment Code are given in the assignment.

The title page may look like this

Enrolment No
Name
Address
Signature
Date
Programme Title
Course Code & Title
Assignment Code
Programme Study Centre/Study Centre

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

2. Read the assignments carefully and follow the instructions given on the assignment.
3. We expect you to answer each question as per guidelines mentioned in the assignment. You will find it useful to keep the following points in mind:
 - 1) **Planning:** Read the assignments carefully. Go through the units on which they are based. Make some points regarding each question and then re-arrange these in a logical order.
 - 2) **Organisation:** Be a little more selective and analytical before drawing up a rough outline of your answer. Give adequate attention to your introduction and conclusion. Make sure that your answer:
 - a) is logical and coherent;
 - b) has clear connections between sentences and paragraphs;
 - c) is written correctly giving adequate consideration to your expression, style and presentation

- 3) **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underlining the points you wish to emphasize. Make sure that the answer is within the stipulated word limit.
4. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a 4 cm margin on the left and leave some space between each answer. This will facilitate the evaluator to write useful comments in the margin at appropriate places.
5. ***Write the responses in your own hand.*** Do not print or type the answers. **Do not copy your answers from the Units/Blocks sent to you by the University.** If you copy, you will get zero marks for the respective question.
6. Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
7. Write each assignment separately. All the assignments should not be written in continuity. Thus, you will have four separate assignments to submit at the study centre.
8. Write the question number with each answer.
9. After submitting the assignment at the Study Centre / Programme Study Centre get the acknowledgement from the Coordinator / Programme In-charge.
10. In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
11. If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study centre for correction and transmission of correct score to headquarters.

Please ensure the following before submitting your assignment response:

1. Your enrolment number, name and address have been written correctly.
2. The title of the course and assignment number has been written clearly.
3. Assignment for each course has been prepared separately and spiral bound/ cello taped/pinned properly.
4. All the questions in the assignments have been answered.

Wishing you all the best,

Programme Coordinator (PGDMH)

FUNDAMENTALS OF MENTAL HEALTH (MPC 051)
TUTOR MARKED ASSIGNMENT (TMA)

Course Code: MPC 051

Assignment Code: MPC 051/ASST/TMA/July2022-January2023

Marks: 100

NOTE: All questions are compulsory.

SECTION A

Answer the following questions in about 1000 words each.

Marks 15x3=45

1. Discuss the developmental related theories.
2. Elaborate the historical perspectives of mental illness and mental health.
3. Critically explain the models of humanistic psychology.

SECTION B

Answer the following questions in about 400 words each.

Marks 5x5=25

4. Discuss the sociological theories related to mental health.
5. Discuss the various causes of abnormality.
6. Elucidate attention as one of the cognitive function.
7. Describe the classical conditioning theory.
8. Explain the eastern concept of mind.

SECTION C

Answer the following in about 50 words each.

Marks 10x3=30

9. Leadership and social power
10. Functional perspectives of normality
11. Phases of conative style
12. Utilitarian concept of mental health
13. Dualistic view towards biological basis of body and mind
14. Brain disease
15. Evolution of adaptive mechanisms
16. Defense mechanisms
17. Mental health as resilience
18. Mesmerism and hypnotism

MENTAL DISORDERS (MPC-052)

Tutor Marked Assignment (TMA)

Course Code: MPC-052

Assignment Code: MPC-052/ASST/TMA/July 2022- January 2023

Marks: 100

Note: All questions are compulsory.

SECTION-A

Answer the following questions in about 1000 words each. 3 x 15 = 45 marks

1. Describe the modern system of classification of mental disorders.
2. Explain the clinical features and signs of an episode of mania and depression.
3. Discuss the elements of history taking and recording.

SECTION-B

Answer the following questions in about 400 words. 5 x 5 = 25 marks

4. Explain the clinical features of schizophrenia.
5. Discuss the clinical features and treatment of panic disorder.
6. Explain dissociative disorders.
7. Elucidate the clinical features and treatment of sleep disorders.
8. Explain special methods to assess mental health.

SECTION-C

Answer the following questions in about 50 words. 10 x 3 = 30 marks

9. Principles for classification of mental disorder
10. Cognitive behaviour therapy for depression
11. Treatment of posttraumatic stress disorder
12. Management of personality disorders
13. Closing of interview
14. Case formulation and diagnosis
15. Conduct disorder
16. Course of substance use disorders
17. Catatonic behaviour in various psychiatric illnesses
18. Conation

**MENTAL HEALTH IN SPECIAL AREAS (MPC 053)
TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC - 053
Assignment Code: MPC - 053/ASST/TMA/July 2022-January 2023
Marks: 100**

NOTE: All questions are compulsory.

SECTION – A

Answer the following questions in about 1000 words each. 3x15 = 45 marks

1. Explain the concept of marriage. Discuss issues in marital relationship affecting mental health.
2. Discuss the factors affecting mental health in women.
3. Explain the impact of mental health problems at workplace. What are the risk factors that contribute to mental health problems at the workplace.

SECTION – B

Answer the following questions in about 400 words each. 5 x 5 = 25 marks

4. Explain the cognitive disorders in the older population.
5. Describe the management of sexual dysfunction.
6. Explain functional behavioural assessment.
7. Explain the interventions for behavior addictions.
8. Discuss the psychological approaches to treatment of alcoholism.

SECTION – C

Answer the following questions in about 50 words each. 10 x 3 = 30 marks

9. Asperger's disorder
10. Aversion therapy
11. Play therapy
12. Self-report
13. Spina bifida
14. Mnemonic method
15. Diagnosis of specific learning disability
16. Genetic counseling
17. 12-step facilitation therapy
18. Multisystemic therapy

**SERVICES FOR THE MENTALLY ILL (MPC-054)
TUTOR MARKED ASSIGNMENT (TMA)**

Course Code: MPC-054

Assignment Code: MPC-054/ASST/TMA/July 2022-January 2023

Marks: 100

NOTE: All Questions Are Compulsory.

The answers are to be written in own words. Do not copy from the course material or any other source.

SECTION A

Answer the following questions in 1000 words each.

3 x 15 = 45 Marks

1. Explain community mental health and describe various community mental health models.
2. Explain the concept of counselling and guidance and describe its assessment techniques.
3. Discuss the meaning, importance and process of documentation in mental health.

SECTION B

Answer the following questions in 400 words each.

5 x 5 = 25 Marks

4. Describe the myths and misconceptions about mental illness.
5. Explain the community mental health in Indian context.
6. Explain Rehabilitation Council Act of India.
7. Describe Indian Disability Evaluation and Assessment Scale (IDEAS)
8. Describe various schools of psychotherapy.

SECTION C

Answer the following questions in 50 words each.

10 x 3 = 30 Marks

9. Community care of mentally ill.
10. Domestic Violence Act.
11. Importance of community based research.
12. Psychosocial rehabilitation
13. Mental fitness certificate
14. Aims of psychotherapy.
15. Individual and group therapy.
16. Automatic thoughts
17. Positive mental health
18. Policies and planning