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Total No. of Pages: 2

OPEN ELECTIVE
First Year (BSc Computer Science)
PSY11303: MENTAL HEALTH and SELF CARE
(Semester I)

Course Type: Open Elective
Paper: OE 1
Time: 2 Hours

Credits: 2
Max. Marks: 30
SET: A

Instructions to the candidate:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.
- 3) Draw a well labelled diagram wherever necessary.

SECTION: A

Q1) Answer the following by selecting the correct option: [5 X 1= 5]

1. In OCD a person feels compelled to repeat certain task. This behaviour is called _____
A. COMPULSION B. ACTION C. OBSESSION D. REACTION
2. When a person experiences psychosis, he/she has lost touch with _____
A. FINANCE B. REALITY C. ABILITY D. ATTENTION
3. In BPS model, bio aspect is related to _____
A. DISEASES B. FRIENDS C. FAMILY D. JOB
4. What does “eu” in Eustress mean?
A. AWFUL B. BAD C. GOOD D. ANGRY
5. what does distress mean?
A. AWFUL B. BAD C. GOOD D. ANGRY
6. A depressed person is most like to _____
A. EAT LESS B. FEEL HAPPY C. GO FOR VACATION D. GO FOR A WALK
7. Old ways of treating a mental condition involved _____
A. GIVING COUNSELLING
B. BEATING THE PATIENTS
C. GIVING MEDICATIONS
D. READING THEM A BOOK

SECTION: B

Q2) Answer the following (Attempt any 5/7):

[5 X 1 =5]

1. What does ALGEE stand for?
2. What is a delusion?
3. Who can anyone apply Mental Health First Aid?
4. What does DSM stand for?
5. Give 2 examples of a severe mental disorder
6. Give 2 examples of common mental disorders
7. What does PTSD stand for?

SECTION: C

Q3) Write short notes on following (Attempt any 2/4):

[2 X 5 = 10]

1. ALGEE
2. OCD
3. Paranoia
4. Global perspective of mental health

SECTION: D

Q4) Answer the following (Attempt any 2/4):

[2X 5 =10]

1. Explain the different types of stress
2. Write brief history of mental health
3. What is the bio-psycho-social model of mental health
4. Explain PTSD
