PGDMH

# PG DIPLOMA IN MENTAL HEALTH

# (PGDMH)

## Assignments
## (July 2024-January 2025 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 2024-January 2025 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, 2024 Session**<br><br>**For January 2025 Session** | **31st March, 2025**<br><br>**30th September 2025**<br><br>**(Please check the dates from www.ignou.ac.in)** | **To**<br>**The Coordinator of the Study Centre allotted to you** |

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 not correct, 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/ cellotaped/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/2024-25**
**Marks: 100**

**NOTE: All questions are compulsory**

## SECTION – A

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

1. Explain the criteria and measurement of normality and abnormality. Discuss the elusive nature and causes of abnormality.
2. Discuss the different views toward the biological basis of body and mind. Elaborate upon the studies of neuro- psychology which reflects the relationship between body and mind.
3. Discuss the contribution of genes towards the development of human mind.

## SECTION - B

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

4. Discuss the interpersonal nature of mental health problems.
5. Explain the cultural context towards understanding mental illness.
6. Discuss the contribution of Adler and Jung towards explanation of human behavior.
7. Explain the various sociological theories related to mental health.
8. Explain the family perspectives towards the mental health issues.

## SECTION - C

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

9. Naturalistic functionalism.
10. Mental health as positive or spiritual emotions.
11. Mesmerism.
12. The Social Unconscious.
13. Neurotic needs given by Horney.
14. Human need given by Erich Fromm .
15. Hypnotism.
16. Intermittent schedule of reinforcement.
17. Criticism of Humanistic Model.
18. Existentialism.

**MENTAL DISORDERS (MPC-052)**
**TUTOR MARKED ASSIGNMENT (TMA)**

**Course Code: MPC-052**
**Assignment Code: MPC-052/ASST/TMA/2024- 2025**
**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 conative disturbances present in psychiatric disorders.
2. Discuss the causal factors and treatment of any two anxiety disorders.
3. Explain the components of Mental Status Examination.

## SECTION-B

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

4. Explain the treatment modalities for schizophrenia, and highlight its causal factors.
5. Describe the symptoms and characteristics of a manic episode and a depressive episode.
6. Describe the different tests used to assess the cognitive functions in children.
7. Explain global burden of disease due to mental illness.
8. Explain the types of epidemiological studies and highlight the biases in such studies.

## SECTION-C

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

9. Ethical aspects of psychological testing
10. Diagnostic and Statistical Manual
11 Symptoms of panic disorder
12. Diagnosis of sleep disorder and components of sleep hygiene
13. Conversion and dissociative symptoms
14. Measures to promote the welfare of people affected with mental disorders
15. Diagnosis of schizophrenia
16. Uses of studying epidemiological studies
17. Characteristics and components of normal thought
18. Acute Stress Disorder

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

**Course Code: MPC - 053**
**Assignment Code: MPC-053/ASST/TMA/2024-2025**
**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 mental health problems in the elderly.
2. Discuss the factors related to domestic violence, substance abuse and mental disorders affecting mental health in women.
3. Discuss mental health problems in the workplace. How does the changing world of work influence work related mental health problems?

## SECTION – B

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

4. Explain pervasive developmental disorders.
5. Describe the signs and symptoms of attention deficit hyperactivity disorder.
6. Describe the management of sexual dysfuntion.
7. Explain the functions served by self-harm.
8. Discuss the various factors causing behavioural addictions.

## SECTION – C

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

9. Selective mutism
10. Neuropsychological evaluation
11. Principles of rehabilitation
12. Mnemonic method
13. Gillingham method
14. Community based rehabilitation
15. Models of coping
16. Dialectical behavior therapy
17. Multidimensional family therapy
18. Motivational interviewing

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

**Course Code: MPC-054**
**Assignment Code: MPC-054/ASST/TMA/2024-2025**
**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. Describe the stigma and discrimination with regard to mental illness. Explain the strategies to promote social responsibility amongst the general public.
2. Explain social skill training and vocational rehabilitation in the context of rehabilitation of the persons with mental illness.
3. Elucidate the concept of psychotherapy and describe factors that influence the outcomes of psychotherapy.

## SECTION – B

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

4. Explain the Mental Health Act, 1987 with a focus on its objectives.
5. Describe various benefits of certification.
6. Define counselling and describe the steps involved in counselling process.
7. Describe various activities that can be carried out to promote mental health.
8. Explain the meaning and importance of documentation.

## SECTION - C

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

9. Voluntary admission and voluntary treatment as a right of persons with mental illness.
10. Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1985
11. Indian Disability Evaluation and Assessment Scale (IDEAS)
12. Importance of community based research
13. Multicultural counselling
14. Cognitive biases/ distortions
15. Acute and chronic stress
16. Crisis intervention
17. Positive mental health
18. National Informatics Centre