

**PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY (PDCP)
UNIVERSITY EXAMINATION, JUNE-2026**

(PDCPT101) PSYCHOSOCIAL PERSPECTIVE OF MENTAL DISORDERS

[Time allotted: Three Hours]

[Max Marks: 100]

Note: Read all the instructions carefully

Answer all questions in serial order, Draw suitable diagrams wherever necessary

SECTION - A

Q. 1. Objective Type (one-liner, true/false)

(10 x 2 = 20)

- a. Clinical psychology remained focused solely on assessment practices until after World War II, after which it expanded significantly into psychotherapy and treatment of trauma in veterans. (CO1 PO1,2,5,7,11)
- b. Sigmund Freud, an Austrian neurologist active in the late 19th and early 20th centuries, founded psychoanalysis and introduced ground breaking techniques. (CO1 PO1,2,5,7,11)
- c. Epidemiology is the systematic study of the distribution and determinants of health conditions in specific populations, and its methodologies form the foundation for identifying mental health trends and risk factors in clinical psychology. (CO2 PO1,2,5,7,11)
- d. A core function of clinical psychologists involves using epidemiological data—such as prevalence rates, incidence, and treatment gaps from surveys—to inform psychological assessment, clinical planning, and outreach strategies. (CO2 PO1,2,5,7,11)
- e. India's initiatives—ranging from annual Mental Health Awareness Week to helplines like Kiran and Vandrevalla's 24/7 support—serve as key promotional tools to increase access and reduce stigma. (CO1 PO1,2,5,7,11)
- f. The Mental Healthcare Act of 2017 mandates government-provided rehabilitation services—both hospital- and community-based—for persons with mental illness (CO1 PO1,2,5,7,11)
- g. India experiences approximately 2,443 disability-adjusted life years (DALYs) lost per 100,000 population due to mental health conditions. (CO2 PO1,2,5,7,11)
- h. The cognitive model proposes that distorted automatic thoughts, cognitive distortions, and core beliefs are primary contributors to emotional distress and maladaptive behaviors. (CO3 PO1,2,3,4,5,6,7,8,9,10,11)
- i. Émile Durkheim's sociological theory views suicide as a social fact—not merely an individual pathology—resulting from social integration and regulation dynamics. (CO5 PO5,11)
- j. Medications are the primary treatment for personality disorders, with psychotropic drugs proven to directly cure the core personality pathology. (CO6 PO1,2,3,4,5,6,7,8,9,10,11)

SECTION - B

Q. 2. Short Notes/ Short Answer type

(5 x 10 = 50)

- a. Define “normality” in psychology and explain how cultural and contextual factors influence what is considered normal. (CO3 PO1,2,3,4,5,6,7,8,9,10,11)
- b. Explain how childhood abuse and neglect can impact adult psychological and cognitive functioning. (CO4 PO1,2,6,11)
- c. Explain how addictive behaviors—such as substance misuse or behavioral addictions—can be viewed as social pathologies influenced by environmental and social stressors. (CO5 PO5,11)
- d. Describe the combined approach to managing anxiety disorders, including both psychological and pharmacological strategies. (CO6 PO1,2,3,4,5,8)
- e. How do gender roles and societal expectations influence mental health vulnerability and help-seeking behaviors? (CO5 PO5,11)

SECTION - C

Q. 3. Long answer/Essay type

(2 x 15 = 30)

- a. Discuss how gender differences influence patterns of addictive behavior, considering both biological and sociocultural factors. In your answer, reflect on how gender norms affect vulnerability, progression, and access to treatment. (CO5 PO5)
- b. Critically discuss the concept of psychotic disorders as pathological deviations in thought, perception, and behavior. In your answer, define key psychopathological dimensions (e.g., positive, negative, cognitive domains) and explain how these reflect dysfunction in the four 'D's' framework—deviance, distress, dysfunction, and danger. (CO6 PO1,2,3)