BRAINWARE UNIVERSITY

Term End Examination 2024-2025
Programme – B.Sc.(PSY)-Hons-2022
Course Name – Community Mental Health
Course Code - PSYD504A
(Semester V)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A
(Multiple Choice Type Question)

1. Choose the correct alternative from the following :

1 x 15=15

(i) Identify the primary focus of community psychology.

a) Treating individual mental health issues

b) Understanding the dynamics within small social groups

c) Examining how social, cultural, and environmental factors influence mental health and well-being

d) Developing pharmacological treatments for psychological disorders

(ii) Identify the most likely impact on a community when a significant portion of its individuals adopts unhealthy behaviors.

a) Increased social cohesion

b) Reduced healthcare costs

c) Higher rates of chronic diseases

d) Improved community infrastructure

(iii) Select the key principle that underlies the development of community mental health models.

a) Centralization of mental health services in urban areas.

b) Emphasis on individualized, hospital-based care

c) Integration of mental health services within the community

d) Exclusively pharmacological treatment approaches.

(iv) Identify the historical movement that most significantly influenced the development of the community mental health model.

a) Deinstitutionalization

b) Psychoanalysis

c) Eugenics

d) Behaviorism

(v) Choose the most appropriate metric to evaluate the quality of care in a community mental health model.

a) The frequency of mental health workshops

b) Client satisfaction surveys

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c) The number of beds in mental health facilities

d) The level of staff training

(vi) Choose the role of a community mental health worker in supporting family wellness:

a) Providing support only during crises

b) Offering continuous support, education, and resources

c) Limiting their involvement to clinical settings

d) Prioritizing individual over family needs

(vii) Choose the most effective community intervention for preventing mental health issues in individuals and families:

a) Encouraging families to rely solely on self-care

b) Implementing early intervention programs and services

c) Waiting for mental health issues to become severe

d) Focusing on reactive rather than preventive measures

(viii) Choose the most significant outcome of active citizen participation in community mental health initiatives.

a) Increased funding for mental health programs.

b) Improved accessibility to mental health resources.

c) Empowerment of individuals and communities.

d) Greater government control over mental health policies.

(ix) Choose the best description of how citizen participation influences the development of community mental health policies.

a) It slows down the policy-making process.

b) It ensures that policies are more reflective of community needs and values.

c) It replaces the need for professional expertise in mental health.

d) It limits the scope of mental health services available.

(x) Identify the primary prevention strategy that best reduces the risk of developing Type 2 diabetes:

a) Regular blood glucose monitoring

b) Maintaining a balanced diet and regular physical activity

c) Taking insulin injections

d) Using oral hypoglycemic agents

(xi) Choose the primary prevention measure that can help prevent lung cancer:

a) Regular lung screenings

b) Avoiding tobacco use and exposure to secondhand smoke

c) Undergoing chemotherapy

d) Taking bronchodilators

(xii) Choose the correct example of tertiary prevention in mental health:

a) Providing therapy to prevent the onset of anxiety disorders

b) Offering counseling to manage chronic depression and prevent relapse

c) Screening for early signs of mental illness

d) Promoting mental wellness through public education

(xiii) Choose the intervention that aligns with tertiary prevention in cardiovascular disease:

a) Promoting a heart-healthy diet to prevent heart disease

b) Prescribing medications to control high blood pressure

c) Cardiac rehabilitation programs after a heart attack

d) Conducting cholesterol tests to detect early heart disease

(xiv) Choose the strategy that is most commonly associated with community organization in health promotion:

a) Centralized decision-making

b) Imposing external health policies

c) Grassroots participation and collaboration

d) Enforcing individual compliance

(xv) Choose the outcome of successful community organization in health promotion:

a) Increased reliance on health services

b) Sustainable health improvements driven by community ownership

c) Decreased focus on community-specific needs

d) Reduced role of community members in decision-making

Group-B
(Short Answer Type Questions)

3 x 5=15

2. Employ mental health education strategies to enhance community awareness.

3. Determine the significance of social justice in community psychology. (3)

4. Illustrate how community participation impacts the development of social interventions. (3)

5. Articulate the differences between primary, secondary, and tertiary prevention measures in mental health care. (3)

6. Plan a consultation process for mental health professionals addressing community needs. (3)

OR

Express the role of non-professionals in providing community mental health care. (3)

Group-C
(Long Answer Type Questions)

5 x 6=30

7. Discriminate between the effects of empowerment on individual self-esteem versus collective efficacy in communities. (5)

8. Evaluate the importance of community participation in solving social issues compared to top-down governmental approaches. How does grassroots involvement enhance the effectiveness of interventions? (5)

9. Write about the evaluation methods used to assess the effectiveness of community mental health programs. (5)

10. Compare the concepts of community psychology and traditional clinical psychology. (5)

11. Differentiate between the prevention model in community mental health and the treatment model in clinical settings. (5)

12. Estimate the impact of community-based interventions on maternal mortality in India. (5)

OR

Differentiate between a community-driven and government-driven health promotion program. (5)

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