

# Assignment **Container**

**PSYCHOPATHOLOGY**

**MPCE-011**



Assignment Container

**Psychopathology**

**(MPCE011)**



SPRING SEASON PUBLICATIONS

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### **Assignment Container: Psychopathology (MPCE011)**

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## Guidelines/Tips to Write MAPC Assignments

### Using this Document

- Please note that the main aim of this document is to provide the guideline to write the assignment
- It is advisable not copy answers as it is from this document
- Write the answers in your own words
- Numbers of illustrations are also given in this document

### Paper

- You need to use A4 ruled paper (with lines). You can also use the A4 note book and cover it with plain and nice cover and put the desired information on it
- Also it is advisable to check with your resource/study center for any guidelines on the same and follow if it is there
- However, contain of the assignment is important as compare to the paper used to write it (As per our understanding)

### Writing your Answers

- Assignment should be Hand written and you can use both the side of the page to write your answer
- Write the Section/Question number with each answer and please write all the questions
- Make sure that the answer is within the stipulated word limit
- You can use Blue/Black ink to write your assignment (Don't use pencil in your assignment)
- Don't use RED Pen in your assignment as normally it is used to check the assignment
- If you wish you can use light color pens for illustrations/brain maps for your assignment
- Number of pages required to write the answer depends on your handwriting. Below is the approximately guideline for your reference

<b>Word Limit</b>	<b>1000</b>	<b>400</b>	<b>50</b>
Number of Lines in one paper	20	20	20
Words per line (Big Hand Writing)	7	7	7
<b>Total Pages required (Front and Back)</b>	<b>7</b>	<b>3</b>	<b>0.3</b>
Words per line (Small Hand Writing)	10	10	10
<b>Total Pages required (Front and Back)</b>	<b>5</b>	<b>4</b>	<b>0.2</b>



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Further, it has been observed that in combat related stress, when the group morale is strong and the combatants are committed to the job, the PTSD symptoms are less common and less severe.

Returning to a negative and unsupportive social environment can also increase vulnerability to posttraumatic stress.

### **Treatment of Post Traumatic Stress Disorder**

Treatment for PTSD can relieve symptoms by helping patient deal with the trauma they have experienced. A doctor or therapist will encourage patient to recall and process the emotions they felt during the original event in order to reduce the powerful hold the memory has on their life.

During treatment, patient will also explore their thoughts and feelings about the trauma, work through feelings of guilt and mistrust, learn how to cope with intrusive memories, and address the problems PTSD has caused in their life and relationships.

The types of treatment available for PTSD include:

- **Trauma-focused cognitive-behavioral therapy** involves gradually “exposing” patient to their feelings and situations that remind them of the trauma, and replacing distorted and irrational thoughts about the experience with a more balanced picture.
- **Family therapy** can help loved ones understand what patient is going through and help them work through relationship problems together as a family.
- **Medication** is sometimes prescribed to people with PTSD to relieve secondary symptoms of depression or anxiety, although they do not treat the causes of PTSD.
- **EMDR (Eye Movement Desensitization and Reprocessing)** incorporates elements of cognitive-behavioral therapy with eye movements or other forms of rhythmic, left-right stimulation, such as hand taps or sounds. These techniques work by “unfreezing” the brain’s information processing system, which is interrupted in times of extreme stress.

**(1040 Words)**

so that it can be classified, but allows for nonessential variations that do not necessarily change the classification (e.g., there are several ways one could meet criteria for major depression or panic disorder, but still get the diagnosis). The DSM-5 is based on this approach. **(258 Words)**

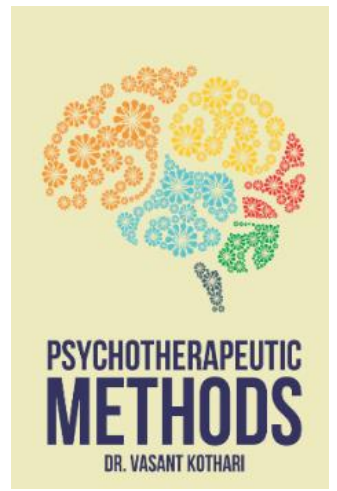
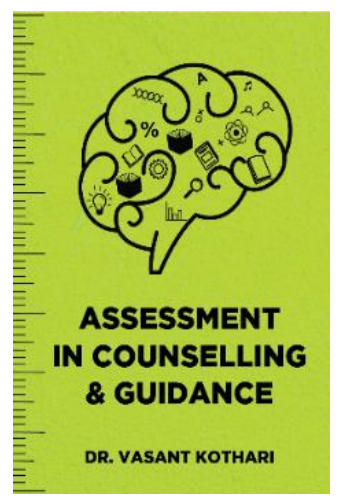
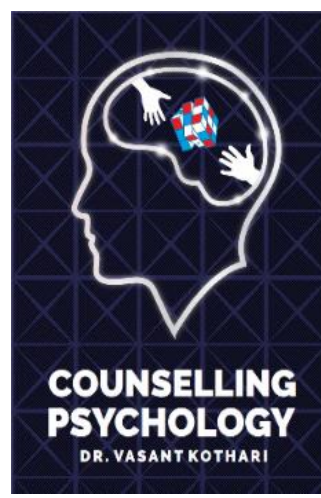
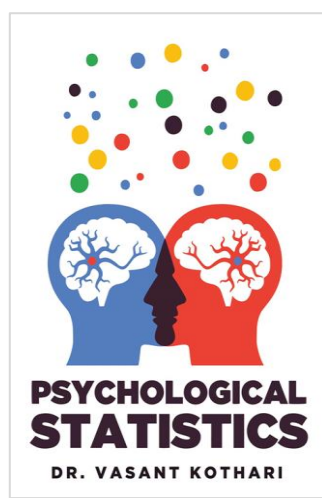
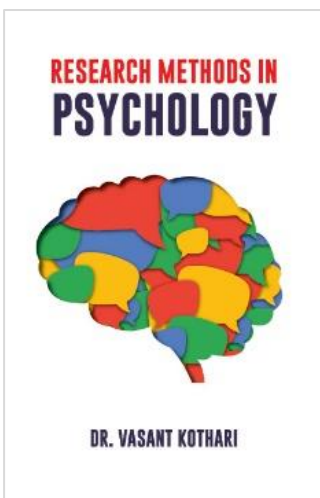
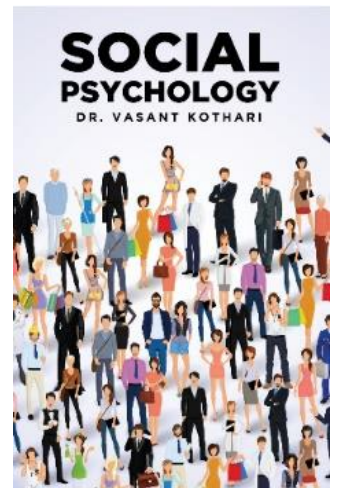
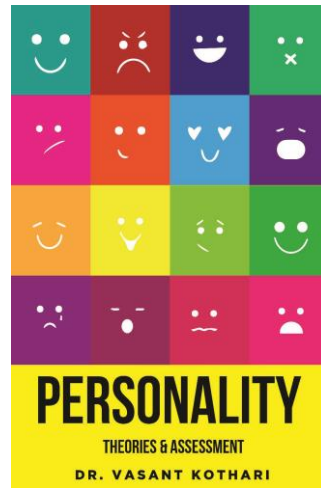
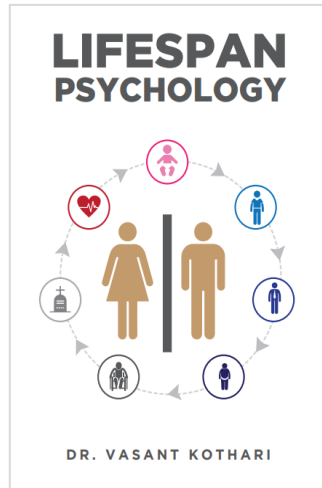
**Q. No. 5 Describe the types of delusions. Differentiate between delusions and hallucinations.**

**Answer:** Delusions are categorized into different groups:

<b>Bizarre Delusion</b>	A delusion that is very strange and completely implausible
<b>Non-Bizarre Delusion</b>	A delusion that, though false, is at least possible
<b>Mood-Congruent Delusion</b>	Delusional content has association to mood
<b>Mood-Neutral Delusion</b>	Delusional content has no association to mood
<b>Delusion of Control</b>	A false belief that another person, group of people, or external force controls one's general thoughts, feelings, impulses or behavior
<b>Nihilistic Delusion</b>	A false belief that one does not exist or has become deceased
<b>Delusional Jealousy</b>	A false belief that person is lying to them or that a spouse or lover is having an affair, with no proof to back up their claim
<b>Delusion of Guilt or Sin</b>	A false feeling of remorse or guilt of delusional intensity
<b>Delusion of Mind Being Read</b>	A false belief that other people can know one's thoughts
<b>Delusion of Reference</b>	A false belief of insignificant remarks, events, or objects in one's environment have personal meaning or significance
<b>Erotomania</b>	Delusion where someone believes another person is in love with them
<b>Grandeur</b>	Belief of being someone with great powers to control any situation
<b>Persecution</b>	Belief that someone is out to harm him or her
<b>Somatic</b>	False belief pertaining to bodily function or image
<b>Religious</b>	False belief of having special religious powers



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