



**SNS COLLEGE OF NURSING**

**COIMBATORE -35**

**PSYCHOLOGY**

**UNIT TEST – 5 MARKS**

**I. SHORT NOTES:**

- 1. Characteristics of mentally healthy person.**
- 2. Explain the signs of poor mental health.**
- 3. General attitude towards mentally ill.**
- 4. Describe common mental mechanism.**
- 5. Discuss their importance of mental health.**