

### Multiple Choice Questions (2 Marks Each)

1. Which of the following is NOT listed as a classification system for mental disorders in Unit II? a) ICD11 b) DSM5 c) Geropsychiatry manual classification d) WHO Global Mental Health Atlas

Outline of Answer Key: \* The correct answer is d) WHO Global Mental Health Atlas. \* The sources explicitly mention ICD11, DSM5, and Geropsychiatry manual classification as classification systems for mental disorders within Unit II.

2. Which of the following conceptual models of mental health nursing is specifically mentioned in Unit II? a) Cognitive-behavioral model b) Existential model c) Humanistic model d) Biological model  
Outline of Answer Key: \* The correct answer is b) Existential model. \* Unit II content lists Existential model, Psychoanalytical models, Behavioural model, and Interpersonal model as conceptual models.

3. The psychopathology of mental disorders in Unit II includes a review of: a) Socioeconomic determinants b) Structure and function of the brain, limbic system, and abnormal neurotransmission c) Environmental stressors d) Cultural influences on mental health  
Outline of Answer Key: \* The correct answer is b) Structure and function of the brain, limbic system, and abnormal neurotransmission. \* Unit II's content on the psychopathology of mental disorders includes a "review of structure and function of brain, limbic system and abnormal neurotransmission".

### Short Answer Questions (5 Marks Each)

1. Briefly explain the key components of the etiology of mental disorders as discussed in Unit II.

Outline of Answer Key: \* Etiology of mental disorders in Unit II should focus on the bio-psycho-social factors. \* Students should elaborate on each of these three components: \*

Biological factors: Genetic predispositions, neurochemical imbalances, brain structure abnormalities. \* Psychological factors: Personality development, defense mechanisms (which are specifically mentioned for review in this unit), cognitive distortions. \* Social factors: Environmental stressors, family dynamics, cultural influences.

2. List and briefly describe any two conceptual models of mental health nursing mentioned in Unit II.

Outline of Answer Key: \* Unit II lists several conceptual models, including Existential model, Psychoanalytical models, Behavioural model, and Interpersonal model. \* Students can

choose any two and provide a brief description of each. For example: \* Psychoanalytical models: Focus on unconscious conflicts, early childhood experiences, and defense mechanisms influencing behavior. \* Behavioural model: Emphasizes learned behaviors and how maladaptive behaviors can be unlearned or new adaptive behaviors can be learned through conditioning principles. \* Interpersonal model: Highlights the importance of interpersonal relationships and communication in mental health and illness. \* Existential model: Focuses on an individual's search for meaning, freedom, and responsibility in life.

#### Essay Question

1. Discuss the classification of mental disorders, including the major systems utilized, and explain the principles and standards of Mental Health Nursing as outlined in Unit II. Outline of Answer Key: \* Introduction: Briefly define mental health nursing and the importance of classifying disorders and adhering to principles and standards. \* Classification of Mental Disorders: \* Explain that classification helps in diagnosis, treatment planning, research, and communication. \* Detail the major classification systems mentioned in Unit II: ICD11, DSM5, and Geropsychiatry manual classification. \* Briefly describe the general approach or characteristics of each (e.g., ICD for global health, DSM for diagnostic criteria). \* Principles of Mental Health Nursing: \* Elaborate on the fundamental guiding beliefs and values of mental health nursing practice. \* Discuss the role of ethics and responsibilities. \* Practice Standards for Psychiatric Mental Health Nursing: \* Specifically mention the Indian Nursing Council (INC) practice standards. \* Explain their purpose in guiding professional conduct and ensuring quality care in supervised clinical settings. \* Provide examples of what these standards might encompass (e.g., competency in assessment, therapeutic communication, application of nursing process). \* Conclusion: Summarize the interconnectedness of classification, principles, and standards in providing comprehensive and ethical mental health nursing care.

These questions are designed to cover the breadth of the learning outcomes and content specified for Unit II, aligning with the "Essay" and "Short answer" assessment methods indicated.