

National Institute of Open Schooling
Secondary
Lesson 18 – Mental disorders and their Treatment
Worksheet-18

1. “In today’s world stress is a very common human experience characterized by a host of physiological and psychological responses”. Shed light upon the physiological and psychological aspect of stress.
2. In the following question, identify situations of eustress and distress and organize them under different categories of stressors. Also, Explain a minimum of six common responses to stressors.
 - a) Buying a home _____
 - b) Marriage _____
 - c) Sleep problem _____
 - d) Death of spouse _____
 - e) Giving exam _____
 - f) Losing a job _____
3. Is it necessary that stress will always cause deterioration in performance or the opposite can also happen? Support your answer with valid reasons.
4. Prem is supposed to go through a medical procedure. He said that he is feeling dizzy and nauseous due to the anticipation of the medical procedure. Use any one theory of stress to explain Prem’s situation and suggest a minimum of two ways to cope with stress.
5. In the following situations, identify the type of conflict and provide appropriate reasons for your answers:
 - a) A student wishes to pursue a graduate degree and has been accepted into two graduate programs and needs to make a decision about which one to attend.
 - b) A person wants to eat a cake but also wants to avoid gaining weight.
 - c) Saadiya has to choose between writing an assignment of 50 pages or a test of 100 marks.
6. Rohan is a 21-year-old male. He complains that he feels apprehensive and fearful throughout the day of something going wrong. Help Rohan identify his problem and explain it.
7. Zeenat’s Father observes that she is not showing interest in her daily activities the way she used to and her food intake has also decreased in the past month. Whenever Zeenat's mother asks her about her studies, her replies suggest hopelessness and helplessness. Help Zeenat’s parents identify the disorder and explain it.
8. Explain the difference between Dissociative disorder and Schizophrenia.
9. “Personality disorders have their roots in childhood”. Discuss the relevance of the given statement and explain personality disorders.
10. Hairat is a 14-year-old girl. She complains that she has constant pain in her legs but no biological cause was found. As a student of psychology, Identify Hairat’s problem and suggest who can help her in treating the disorder?