

2026

PSYCHOLOGY — HONOURS

Paper : DSCC-13

(Basics of Adjustment and Psychiatric Disorders)

Full Marks : 75

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Answer **any five** questions (word limit **250** each) : 5×5
 - (a) What is mental health? Mention any four characteristics of a mentally healthy person.
 - (b) Differentiate between eustress and distress.
 - (c) Explain the role of coping in stress management.
 - (d) Discuss about Frustration.
 - (e) State the types of conflict.
 - (f) Distinguish between illusion and hallucination.
 - (g) Differentiate between obsessions and compulsions.
 - (h) What is statistical criterion of normality?
 2. Answer **any two** questions (word limit **700** each) :
 - (a) Explain the concept of adjustment and discuss the criteria of good adjustment. 10
 - (b) Discuss any one model of stress. 10
 - (c) Differentiate between neuroticism and psychoticism. 10
 - (d) Explain task-oriented and defense-oriented reaction patterns. 5+5
 - (e) Write the diagnostic criteria of Dysthymic disorder. 10
 3. Answer **any two** questions (word limit **1000** each) :
 - (a) Discuss, in detail, the determinants of abnormal behaviour. 15
 - (b) State the diagnostic criteria of obsessive-compulsive disorder. 15
 - (c) Define schizophrenia and critically discuss its clinical features and classification. 3+12
 - (d) Discuss different types of phobias and explain their clinical manifestations. 8+7
 - (e) Discuss the role of mental hygiene in maintaining mental health. 15
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