

Mid-West University
Examinations Management Office
Surkhet, Nepal

End Semester Examination-2082

Level: B.Ed. / VI Semester

Sub: Mental Health and Drug Abuse (HEP462/463)

Roll No:

Group "A"

10×1 =10

Tick (✓) the best answers.

1. What is the goal of the National Mental Health Policy 2077 in Nepal?
 - a. To establish private psychiatric hospitals in every province
 - b. To integrate mental health into primary healthcare
 - c. To eliminate all mental disorders by 2030
 - d. To replace traditional healing practices
2. Which of the followings is the most commonly abused substance worldwide?
 - a. Heroin
 - b. Alcohol
 - c. Cocaine
 - d. Cannabis
3. Which of the followings is organic psychosis?
 - a. Dementia
 - b. Schizophrenia
 - c. Manic depression
 - d. Paranoid
4. The minor mental illness is generally referred as.....
 - a. Schizophrenia
 - b. Paranoia
 - c. Manic Depression
 - d. Neurosis
5. Which of the followings is the characteristic of a mentally healthy person?
 - a. Unable to trust others
 - b. Hard to cope the problems
 - c. Hospitality and amiability
 - d. Unable to take responsibility

6. Which of the followings connotes stimulant drug?
 - a. Cocaine
 - b. Barbiturates
 - c. Cannabis
 - d. Heroin
7. Morphine falls under....
 - a. Stimulants
 - b. Depressants
 - c. Hallucinogens
 - d. Narcotics
8. Which of the followings is the most carcinogenic chemical substance found in tobacco?
 - a. Cholesterol
 - b. Ethanol
 - c. Glycerol
 - d. Chloride
9. What is the main objective of drug rehabilitation centers?
 - a. Punish drug users
 - b. Provide detoxification, counseling, and social reintegration
 - c. Isolate addicts permanently
 - d. Promote drug use in a controlled way
10. Schizophrenia is best characterized by:
 - a. Temporary mood swings
 - b. Persistent sadness
 - c. Hallucinations, delusions, and disorganized thinking
 - d. Multiple personalities

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FM: 60

Time: 3.00 hrs.

PM: 30

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

Attempt All the Questions.

Group 'B'

6 x 5 = 30

1. What is mental health? Explain the importance of mental health and describe the mental health services available in Nepal.
2. "Drugs are the useful substances if they are administrated wisely." Justify the statement with appropriate reasons.
3. List down the characteristics of a mentally healthy person.

Or

Why teenagers mostly involve in tobacco? Suggest the preventive measures of tobacco use.

4. Describe the types of mental illness and write the symptoms of schizophrenia.
5. What are the main causes of rising drug, smoking, and alcohol abuse among youths? What community or school-based activities can solve these issues?
6. What are the different purposes of using alcohol in different communities of Nepal? What are its short and long term effects?

Or

How do you identify that an individual is likely to become paranoia? Explain the preventive measures of it.

Group 'C'

2 x 10 = 20

7. What are the factors that contribute in the causation of mental retardation? Suggest suitable ways for their rehabilitation.
8. What is meant by drug and drug abuse? What ways and measures should be adopted to control drug abuse problem at individual, community and national levels?

Or

Many young adolescents can often be seen smoking hookah and cigarettes in restaurants. What would you suggest to them? What steps would you take to help prevent such harmful practices? Explain.

The End