

FACILITATIVE GUIDELINES FOR PRACTICAL (MPCL 055) OF PG DIPLOMA IN MENTAL HEALTH (PGDMH) DURING COVID-19 TIMES

Discipline of Psychology, SOSS, IGNOU, New Delhi

Following are the guidelines for the conduction of practical (MPCL 055) of PGDMH and its examination for those eligible for June 2021 TEE in the current **covid-19 situation**.

- There will be three classes covering the practical activities required for MPCL 055. The details of the classes and their duration are mentioned below.
- These online classes will be conducted by academic counselors/resource persons identified and recommended by the Discipline of Psychology. The payment for the classes will be as per the norms of IGNOU.
- These online guidelines will be applicable for the learners of July 2017, 2018, 2019 and 2020 batch who are eligible to appear for June 2021 TEE.
- Attendance in all the three online sessions is **mandatory** for the learners.

DETAILS OF THE ONLINE SESSIONS

Session 1 (two hours duration)

Orientation about Practical MPCL 055, Case History and MSE

1. Case history and MSE
2. <https://www.youtube.com/watch?v=vohjjW5xA40>
Watch the above link on Clinical Interviewing carefully. Summarize the key features of Clinical Interview and write it in the Practical Report (you can refer to page 6 of the Practical Handbook).
3. <https://www.youtube.com/watch?v=SJFQCpUOnec> Part I
<https://www.youtube.com/watch?v=RUm8vlotVjM> Part II
<https://www.youtube.com/watch?v=NJ5xJcmAWHo> Part III

Watch the above links on demonstration of Mental Status Examination (MSE), prepared by NIMHANS, Bangalore. In light of the above video, answer the following:

- Identify the basic steps of MSE.

- How is speech and thought assessed in MSE?
- What are the main domains of cognitive functioning?
- Discuss the importance of MSE in clinical assessment.

Write the answers to the above in your own words in the Practical Report (you can refer to page 9 of the Practical Handbook).

You can refer to the Practical Handbook on the following link:
<http://egyankosh.ac.in/bitstream/123456789/56394/1/MPCL-055.pdf>

Session 2: (two hours duration)

Mental Disorders

1. Assignment on case diagnosis (one case vignette given by the Resource person, the learner will do it and write in the Report)
2. As part of the understanding of mental disorders, the learner will do the following activity.

<http://indianmhs.nimhans.ac.in/Docs/Summary.pdf>

Visit the above link for National Mental Health Survey of India 2015-16. Summarize the key findings obtained by the survey with respect to mental disorders. Type the content and organize it coherently, and put it in the Report.

3. <https://www.youtube.com/watch?v=idvdtvmvH1w&feature=youtu.be>
https://www.youtube.com/watch?v=dX_6WVWH8cw&feature=youtu.be

Visit the above links and your next activity will be based on the video links. The first video clip is approximately of 4-minutes while the second video clip is approximately of 44 minutes, prepared by NIMHANS, Bangalore on Mobile/Internet Addiction.

The video gives information about the signs of mobile/internet addiction, at-risk children, preventive measures that can be adopted by the caregiver, research and status of mobile/internet addiction.

In the light of the above videos, answer the following:

- Is Internet disorder identified as a separate disorder?
- What are the different names given to internet addiction?
- Identify the probable causes of such behavioural addictions.
- Suggest measures to handle the issue of mobile/internet addiction.

4. <https://www.youtube.com/watch?v=yksCtS8SVxI&feature=youtu.be>

Watch the above video link on ‘Anxiety among Children’, prepared by NIMHANS, Bangalore. In light of the above video, answer the following:

- What are the main symptoms of anxiety in children?
- Differentiate between normal and pathological anxiety.
- Suggest measures to manage anxiety among children.

Write the answers in your own words in the Report.

Session 3: (two hours duration)

Psychological Interventions

1. Assignment on Case intervention (one case vignette given by the Resource person, the learner will do it and write in the Report)
2. Referral and Ethics in clinical practice
3. Assignment on Mental Health Care Act 2017 – the learner will write in the Report highlighting the key aspects in the Act and point out how it is different from the 1987 Mental Health Act.
4. As part of psychological assessment, the learner will do the following activity.

<https://psychcentral.com/quizzes/personality-test/>

The above link is related to the Personality test based on Five-Factor Model. It is for personal use only.

The test will be administered first on self and then on one of the family members/acquaintance/friends/neighbor/colleagues. You can administer it on the same person whom you have taken for case history as part of Session 1 activity.

Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instruction will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare the report based on the test administration and include it in the Final Practical Report. The test administered needs to be enclosed in the document.

Follow this format for writing the test report:

- (a) Title of the practical, (b) Aim/objective, (c) Introduction (Explain the concept and theories of personality briefly in 1000 words, (d) Test description, (e) Participant’s profile (age, gender, education, occupation), (f) Procedure (describe rapport establishment,

instructions given), (g) Scoring and Interpretation, (h) Discussion and conclusion, (i) References

ONLINE CLASS SCHEDULE

Sessions	Activity	Time duration
Session 1	Case history and MSE	2 hours
Session 2	Case diagnosis of different mental disorders	2 hours
Session 3	Psychological interventions Mental Health Care Act 2017	2 hours

PRACTICAL REPORT

All the above activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

You can refer to the Practical Handbook on the following link:
<http://egyankosh.ac.in/bitstream/123456789/56394/1/MPCL-055.pdf>

Format of the Report:

- Title Page
- Certificate of Originality
- Table of Contents (will include Sl. No., Activity and Page no.)
- Assignment on Case History
- Assignment on Clinical Interviewing
- Assignment on MSE
- Case vignette on Diagnosis
- National Mental Health Survey 2015-16: Summary of key findings of the Survey
- Video assignment on mobile/internet addiction
- Video assignment on anxiety among children
- Case vignette on Intervention
- Assignment on Mental Health Care Act 2017
- Psychological Assessment: Personality test report
- Reflections (will include the learner's own reflections on the entire process of doing the practical activities and the knowledge and learning gained out of it)

The Practical Report of MPCL 055 needs to be submitted to the Regional Centre.

EVALUATION

Evaluation will consist of Internal evaluation (60 marks) and External evaluation (40 marks), total 100 marks. For successful completion of MPCL 055, learner needs to secure 40% separately under internal and external evaluation.

The revised distribution of marks for the online conduction of practical is as follows:

Sl No.	Internal Evaluation		External Evaluation	
	Activities	Maximum Marks	Activities	Maximum Marks
1	Practical Report (assessment will include sincerity in attending online classes, involvement in interaction and discussion in class, presentation of content in the Report in an organized and effective manner, overall understanding of the learner)	60	Viva-voce	40
TOTAL MARKS		60		40

- **The Practical Report will be evaluated by the Faculty of the Discipline of Psychology. The viva-voce will be taken by examiners from the list of approved examiners.**
- **For any queries, please contact Prof. Swati Patra, Programme Coordinator, PGDMH on swatipatra@ignou.ac.in**