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National Open University of Nigeria

Faculty of Education

Human Kinetics and Health Education Department

2021_2 POP EXAMINATION

Course Code: HED 311 Course Status: 2C Time: 2 hours

Course Title: Mental & Social Health

Instruction: Answer Question ONE and any other Two Questions

Question 1

a. Critically examine the term "mental health" (10 marks)
b. What do you understand by the phrase "mental health promotion" (10 marks)
c. Describe the characteristics or attributes of a mentally healthy student/person (10 marks)

Question 2

a. What is "mental illness" (5 marks)
b. Mention the causes of mental illness among students/community member (5 marks)
c. Enumerate the types of mental illnesses found in your community (5 marks)
d. Identify five (5) signs and symptoms which indicate that a student/community member has mental illness (5 marks)

Question 3 Describe depression as a health problem under the following:

I. Concept (5 marks)
II. Causes (5 marks)
III. Signs and symptoms (5 marks)
IV. Control and prevention (5 marks)

Question4. Describe ten (10) mental health principles that should guide the provision of mental health services. (20 marks)