



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, University Village,
Nnamdi Azikiwe Expressway, Jabi, Abuja
Faculty of Education
Department of Human Kinetics & Health Education
2024_2 EXAMINATION

COURSE CODE: HED 311 (
COURSE TITLE: MENTAL AND SOCIAL HEALTH
COURSE UNITS: 2C
TIME: 2HOURS

INSTRUCTION: ANSWER QUESTION ONE (1) AND ANY OTHER TWO.

- 1a. What is stigmatization?
- 1b. Explain with relevant examples two (2) fundamental principles of mental health care.
- 1c. Briefly discuss mental health promotion policies for school age children and adolescents.
2. Distinguish with adequate examples between mental screening tools and mental assessment problems.
3. Describe five (5) strategies for coping with mental problems.
4. Identify and explain four (4) typical elements that are included in mental health assessment.
5. State and briefly explain four (4) mental illness stigma reduction programs.