



**UNIVERSITY OF NORTH BENGAL**  
B.A. Programme 3rd Semester Examination, 2020

**DSC3-PSYCHOLOGY**

**UNDERSTANDING PSYCHOLOGICAL DISTRESS AND WELL BEING**

Full Marks: 60

**ASSIGNMENT**

*The figures in the margin indicate full marks.  
Candidates should follow the word limit mentioned against each questions.  
Candidates should give assignment based answer in their own words as far as practicable.*

**GROUP-A**

**Write any two assignment based answer from the following questions** 20×2 = 40  
**(The word limit of each answer will be 800 words)**

1. Define abnormal psychology. What are the various indicators of abnormal behaviour?
2. Write down the brief summary of obsessive-compulsive disorders.
3. State the biological perspectives to well-being in the area of temperament, character strength and resilience.
4. What is cognitive well being? Explain the core cognitive skills required for the well being.

**GROUP-B**

**Write any two assignment based answer from the following questions** 10×2 = 20  
**(The word limit of each answer will be 500 words)**

5. Differentiate between unipolar and bipolar mood disorder. 10
6. What are the causes of anxiety? How you will handle this type of disorder. 10
7. What are the system of paranoid and catatonic personality disorder? 10
8. What is schizophrenia? Explain different types of schizophrenia. 10

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