

**BACHELOR OF ARTS (GENERAL)/  
BACHELOR OF ARTS (MULTIDISCIPLINARY)  
(BAG/BAM)**

**(CORE COURSE)**

**TUTOR MARKED ASSIGNMENT**

**JULY 2025 - JANUARY 2026**

**COURSE CODE: BPCC 133**

**COURSE TITLE: PSYCHOLOGICAL DISORDERS**



**SCHOOL OF SOCIAL SCIENCES (SOSS)  
INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
MAIDAN GARHI, NEW DELHI - 110068**

**Dear Learner,**

As we have informed you in the Programme Guide, evaluation at IGNOU consists of two parts: i) continuous evaluation through assignments, and ii) term-end examination. In the final result, assignments of a Course will carry 30% weightage while 70% weightage is given for term-end examination (total 100 marks).

**BPCC 133** is a 6 credits course (4 credits theory + 2 credits tutorial). Assignment for BPCC 133 has two parts, Part I & II.

**Part A** consists of Assignment one and Assignment two. Assignment One has Descriptive Category Questions (DCQs). These are meant for writing essay type answers, with an introduction and a conclusion. These are intended to test your ability to describe your understanding/knowledge about the topic in a systematic, and in a coherent manner.

Assignment Two has Short Category Questions (SCQs). These questions are meant to improve your skill of recall in brief the relevant and precise information about concepts and processes.

**Part B** has Tutorial component in which you need to complete activities as instructed.

**Before you attempt the assignments and tutorial, please read the instructions carefully.** It is important that you write the answers to all the Tutor Marked Assignment (TMA) questions in **your own words**. Your answers should be according to the word-limit set for a particular section. Remember, writing answers to assignment questions will improve your writing skill and sharpen your understanding of the concepts. It will also help you prepare for the term-end examination.

### **Submission**

<b>Session</b>	<b>Last Date of Submission*</b>	<b>To be Sent</b>
<b>For July 2025 &amp; January 2026</b>	<b>31<sup>st</sup> March, 2026 &amp; 30<sup>th</sup> September, 2026  (Please check the dates from <a href="http://www.ignou.ac.in">www.ignou.ac.in</a>)</b>	<b>To The Coordinator of the Study Centre allotted to you</b>

\* You need to submit the assignments within the stipulated time for being eligible to appear in the term-end examination.

Please obtain a receipt from the study centre for the assignments/tutorial submitted and retain it. Also keep a photocopy of the assignments/tutorial with you. The Study Centre will return the assignments to you after they are evaluated. The completed assignment should be sent only to the Coordinator of the Study Centre allotted to you.

**Following instructions are to be carefully followed before writing the assignments:**

1. You will find it useful to keep the following points in mind:
  - i. **Planning:** Read the assignments carefully. Go through the Units on which they are based. Make some points regarding each question and then re-arrange these in a logical order.
  - ii. **Organisation:** Read the study material carefully, analyze it, and then prepare a rough outline of your answer. Give adequate attention to your introduction and conclusion. Make sure that your answer:
    - a) is logical and coherent;
    - b) has clear connections between sentences and paragraphs;
    - c) is written correctly giving adequate consideration to your expression, style and presentation
  - iii. **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission. Write each answer neatly with proper spacing and underline the points you wish to emphasize. Make sure that the answer is around the suggested word limit.
2. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a 4 cm margin on the left and leave some space between each answer. This will facilitate the academic counsellor to write useful comments in the margin at appropriate places.
3. **Answers should be in your own handwriting.** Do not print or type the answers. Do not copy your answers from the study material sent to you by the University or from other learners. If you copy, you will get zero marks for the respective question.
4. You need to attach a copy of the TMA with the completed assignment before submitting it.
5. In case you have requested a change of Study Centre, you should submit your TMA only to the original Study Centre until the change of Study Centre is notified by the University.
6. If you find that there is any factual error in evaluation of your assignments, e.g., any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study center for correction and transmission of correct score to headquarters.

**Wish you all the best!**

**Discipline of Psychology  
SOSS, IGNOU, New Delhi**

**PSYCHOLOGICAL DISORDERS (BPCC 133)  
Tutor Marked Assignments (TMA)**

**Course Code: BPCC 133  
Assignment Code: Asst /TMA /July 2025 - January 2026  
Total Marks: 100**

**NOTE: All questions are compulsory.**

**PART A  
Assignment One**

**2 x 20 = 40**

**Answer the following questions in about 500 words each. Each question carries 20 marks.**

1. Differentiate between anxiety, fear and panic. Discuss the different perspectives on development of phobias.
2. Discuss the symptoms and causes of Cluster C Personality Disorders.

**Assignment Two**

**6 x 5 = 30**

**Answer the following questions in about 100 words each. Each question carries 5 marks.**

3. Specific Learning Disorder
4. Clinical features of Posttraumatic Disorder
5. Unipolar Mood Disorder
6. Anorexia Nervosa and Bulimia Nervosa
7. Obsessive Compulsive Disorder
8. Alzheimer's Disease

## **PART B Tutorial**

**2 x 15 = 30**

**Note: You need to complete the activities according to the given instructions. Please attempt the activities in a coherent and organized manner. The word limit for each activity is around 700 words. Each activity is of 15 marks. For the activities you may refer to relevant offline or online resources. Some useful resources are also listed at the end of each unit in the self-learning material of BPPC 133.**

- ‘World mental health report: Transforming mental health for all’ Read the World Mental Health Report from the WHO  
link,<https://www.who.int/publications/i/item/9789240049338>  
Summarise the key findings in your own words.

Note:

1. Please refer to the World Health Organisation website.
2. Ensure that the content is written in one’s own words.

- Discuss the role of Artificial Intelligence (AI) in Mental Health Care and also the dangers or limitations associated with it.

Note: 1. Please refer to the Government of India’s policy on AI. Refer to the articles that discuss the application of AI in the area of mental health. Mention the reference details of the articles/books, at the end of your write-up.  
2. Ensure that the content is written in one’s own words.