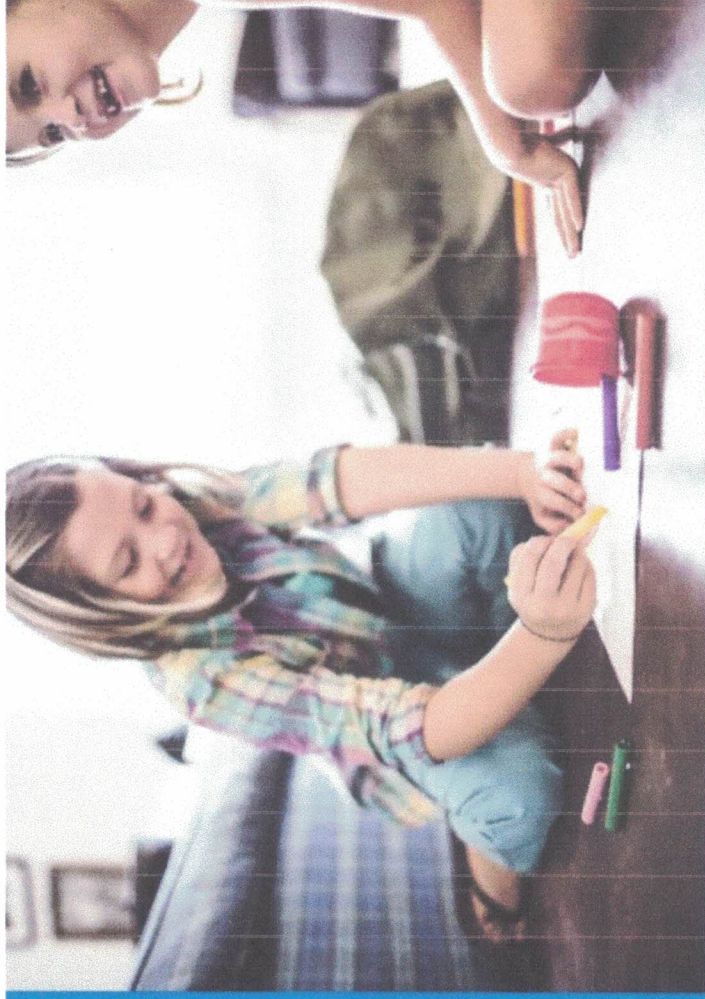


CHILD AND ADOLESCENT MENTAL HEALTH

To help students develop

awareness about prevalence of
mental health issues in young
people

To help young people build
positive social, emotional,
thinking and communication
skills and behaviours



**Add-on Course for
PSYC008 Students**

2018-19



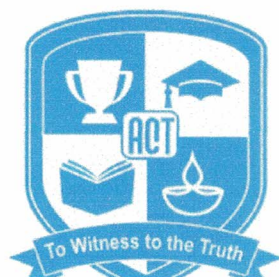
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ALPHONSA COLLEGE THIRUVAMBADY

DEPARTMENT OF PSYCHOLOGY

2018 -2019



Curriculum for
Add on course on
Child And Adolescent Mental Health
PSYCC008

Coordinator: Ms. Anju James
Fee Structure: INR 500 (Per student)
Duration of the course: 30 hours

Child And Adolescent Mental Health

Overview

Good mental health is an essential part of **healthy adolescent development**; it helps young people build positive social, emotional, thinking and communication skills and behaviours. It also lays the foundation for better mental health and wellbeing later in life. The **child** needs good mental health to develop in a healthy way, build strong relationships, adapt to change and deal with life's challenges. Pre-teens and teenagers who have good mental health often: feel happier and more positive about themselves and enjoy life and also to have healthier relationships with family and friends.

Key Objectives

- To help students develop awareness about prevalence of mental health issues in young people
- To help young people build positive social, emotional, thinking and communication skills and behaviors

Course Outcome

- Anticipate what they will gain from an educational experience
- Track their progress and help them to overcome the barrier.
- Develop confidence and a positive attitude towards both the child and adolescence.
- The ability to enjoy maintaining relationships by being able to express his feelings and negotiate successfully with others independently.

Topics

MODULE 1 (10 HRS)

1.1 Definition of Mental Health (WHO), Prevalence of mental health issues in young people,

1.2 Assessment of mental health issues in children and adolescents: Interview, Case study,

Observation, Psychological testing (in brief)

MODULE 2 (10 HRS)

2.1 Factors affecting mental health in young children (brief description): Biological factors ,

2.2 Psychological factors: Intellectual factors, Temperament

2.3 Environmental factors: Role of parenting, peer influence, Impact of school, Impact of culture and community

MODULE 3 (10 HRS)

3.1 General mental health issues (brief description of): Emotional problems: Separation anxiety, social anxiety.

3.2 Behavioural problems: Temper tantrums, conduct disorders, risk taking behavior, bullying, alcohol and drug abuse

REFERENCES

Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). Kaplan & Sadock's Synopsis of Psychiatry Behavioral Sciences/ Clinical Psychiatry (11th ed.). U.S.A : Wolters Kluwer.

Carson, R. C., Butcher, J. N., & Mineka, S. (1996). Abnormal Psychology and Modern life (10th ed.). New York : Harper Collins College Publishers.

Prof. Philip K Antony


Ms. Anju James


Prof. PHILIP. K. ANTONY
PRINCIPAL
ALPHONSA COLLEGE
THIRUVAMBADY

CHILD AND ADOLESCENT MENTAL HEALTH

A Certificate course for BSc Students

2018-2019

COURSE SUMMARY

Name of the Programme : CHILD AND ADOLESCENT MENTAL HEALTH

Duration : 30 hours

Aim : To help students develop awareness about the prevalence of mental health issues in young people

Faculty : Ms. Anju James

No. of students : 30

The Department Of Psychology had conducted an add on course in Child and Adolescent Mental Health for the academic year 2018-19. The course was offered for the second year students. Ms. Anju James, Assistant Professor, Department of Psychology was the coordinator of the program. 30 students enrolled in the certificate course and the course began in August lasting till November. All the enrolled students have successfully completed the course and passed with good grades.


The primary objective of this course was to help students develop awareness about prevalence of mental health issues in young people and to build positive social, emotional, thinking and communication skills and behaviors. The expected outcomes of the course were the awareness regarding different mental health issues faced by children and adolescents and to have a clear picture regarding assessment and diagnosis as well as the importance of receiving professional help in such cases.

ASSESSMENT PROCEDURE

The evaluation criterion includes a written examination and the marks were converted into grades.


Ms. Anju James (Coordinator)

Prof. Philip. K. Antony (Principal)


Prof. PHILIP. K. ANTONY
PRINCIPAL
ALPHONSA COLLEGE
TERTIUM QUAEDAM

CHILD AND ADOLESCENT MENTAL HEALTH

OBJECTIVES

- To help students develop awareness about prevalence of mental health issues in young people
- To help young people build positive social, emotional, thinking and communication skills and behaviors

MODULE 1 (10 HRS)

- 1.1 Definition of Mental Health (WHO), Prevalence of mental health issues in young people,
1.2 Assessment of mental health issues in children and adolescents: Interview, Case study, Observation, Psychological testing (in brief)

MODULE 2 (10 HRS)

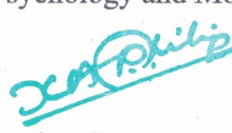
- 2.1 Factors affecting mental health in young children (brief description): Biological factors ,
2.2 Psychological factors: Intellectual factors, Temperament
2.3 Environmental factors: Role of parenting, peer influence, Impact of school, Impact of culture and community

MODULE 3 (10 HRS)

- 3.1 General mental health issues (brief description of): Emotional problems: Separation anxiety, social anxiety.
3.2 Behavioural problems: Temper tantrums, conduct disorders, risk taking behavior, bullying, alcohol and drug abuse

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- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). Kaplan & Sadock's Synopsis of Psychiatry Behavioral Sciences/ Clinical Psychiatry (11th ed.). U.S.A :Wolters Kluwer.
Carson, R. C., Butcher, J. N., & Mineka, S. (1996). Abnormal Psychology and Modern life (10th ed.). Newyork : Harper Collins College Publishers.


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MODEL QUESTION PAPER
ADD ON COURSE- CHILD AND ADOLESCENT MENTAL HEALTH

Name:

Reg No:

Time: 2Hrs

Maximum Marks: 60

SECTION -A

Answer **ALL** Questions. Answer in two or three sentences. Each carries 2 marks.

There shall be ceiling of 20 marks in this section

1. Definition of Mental Health (WHO)
2. Social isolation
3. Separation anxiety
4. Social anxiety.
5. Temper tantrums
6. Bullying
7. Eating disorders
8. Mental disorder
9. Two major psychiatric disorders in adolescence
10. Biological factors affecting the mental health of children and adolescents
11. Peer influence on the mental health of adolescents
12. Autism Spectrum Disorder

(10 x 2= 20 marks)

SECTION -B

Answer **all** questions. Answer in a paragraph of about half a page to one page. Each question carries 5 marks. There shall be ceiling of 30 marks in this section

13. Need for understanding the mental health issues in young people
14. Impact of culture and community on the mental health of children and adolescents
15. Role of parenting in the mental health of children and adolescents
16. Assessment of mental health issues in children and adolescents- Methods
17. Impact of school on the mental health of children and adolescents
18. Behavioral problems due to mental health issues.
19. How are mental health issues in adolescents different from adults?

(5 x 6= 30 marks)


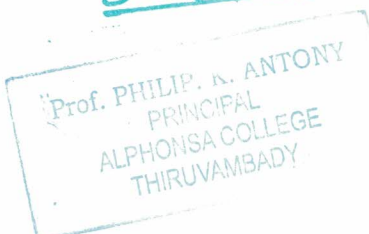
SECTION -D

Essay Type Questions

Answer **any one** of the following. Each Carries 10 Marks.

20. Explain in detail the factors affecting mental health in young children
21. Explain in brief the General mental health issues faced by children and adolescents

(1 x 10= 10 marks)



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ANSWER KEY

SECTION A

1. Definition of Mental Health (WHO)

- The World Health Organization (WHO) conceptualizes mental health as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

2. Social isolation

- Social isolation typically refers to solitude that is unwanted and unhealthy. Socially isolated people may lack friends or close coworkers, and they often feel lonely or depressed. They can suffer from low self-esteem or anxiety.

3. Separation anxiety

- Separation anxiety disorder (SAD) is defined as excessive worry and fear about being apart from family members or individuals to whom a child is most attached.

4. Social anxiety.

- Social anxiety is an intense, persistent fear of being watched and judged by others. This fear can affect work, school, and other daily activities. It can even make it hard to make and keep friends.

5. Temper tantrum

- Temper tantrums are unpleasant and disruptive behaviors or emotional outbursts. They often occur in response to unmet needs or desires. Tantrums are more likely to occur in younger children or others who cannot express their needs or control their emotions when they are frustrated.

6. Bullying

- Bullying is aggressive goal-directed behavior that harms another individual within the context of a power imbalance”.

7. Eating disorders

- Any of a range of psychological disorders characterized by abnormal or disturbed eating habits (such as anorexia nervosa).

8. Mental disorder

- Mental disorders (or mental illnesses) are conditions that affect your thinking, feeling, mood, and behavior. They may be occasional or long-lasting (chronic). They can affect your ability to relate to others and function each day.

9. Two major psychiatric disorders in adolescence

- The most common psychiatric disorders in adolescents are anxiety, mood, attention, and behavior disorders.

10. Biological factors affecting the mental health of children and adolescents

- Physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make mental health problems.

11. Peer influence on the mental health of adolescents

- Negative peer pressure can also affect mental health. It can decrease self-confidence and lead to poor academic performance, distancing from family members and friends, or an increase in depression and anxiety. Left untreated, this could eventually lead teens to engage in self-harm or have suicidal thoughts.

12. Autism Spectrum Disorder

- A serious developmental disorder that impairs the ability to communicate and interact. Autism spectrum disorder impacts the nervous system and affects the overall cognitive, emotional, social and physical health of the affected individual.

SECTION B

13. Need for understanding the mental health issues in young people

- Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems.
- Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.

14. Impact of culture and community on the mental health of children and adolescents

- Culture can influence how people describe and feel about their symptoms. It can affect whether someone chooses to recognize and talk about only physical symptoms, only emotional symptoms or both.

15. Role of parenting in the mental health of children and adolescents

- Culture can influence how people describe and feel about their symptoms.
- It can affect whether someone chooses to recognize and talk about only physical symptoms, only emotional symptoms or both.

16. Assessment of mental health issues in children and adolescents- Methods

- Ask available parents and/or caregivers.(Explain)
- Know age-related norms.(explain)
- Recall of recent activities and favorite things. (Explain)
- Ask the child to perform a simple task.(Explain)
- Know normal (explain)

17. Impact of school on the mental health of children and adolescents

- Research shows that academic stress leads to less well-being and an increased likelihood of developing anxiety or depression.
- Additionally, students who have academic stress tend to do poorly in school.

18. Behavioral problems due to mental health issues.

- Behavioral disorders include:
- Attention Deficit Hyperactivity Disorder (ADHD) (explain)
- Oppositional Defiant Disorder (ODD) (explain)
- Conduct Disorder.(Explain)

19. How are mental health issues in adolescents different from adults?

- Children differ from adults in that they experience many physical, mental, and emotional changes as they progress through their natural growth and development.
- They also are in the process of learning how to cope with, adapt, and relate to others and the world around them.

SECTION C

20. Explain in detail the factors affecting mental health in young children

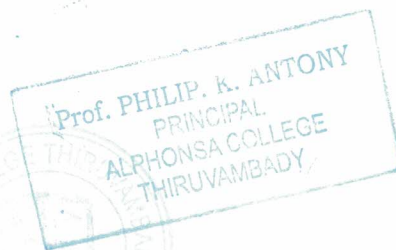
- having a long-term physical illness.
(Explain)

- a parent who has had mental health problems, problems with alcohol or has been in trouble with the law. (Explain)
- the death of someone close to them. (Explain)
- parents who separate or divorce. (Explain)
- experiencing severe bullying or physical or sexual abuse. (Explain)
- poverty or homelessness. (Explain)

21. Explain in brief the General mental health issues faced by children and adolescents

- Anxiety disorders.(Explain)
- Stress-related disorders.(Explain)
- Mood disorders.(explain)
- Obsessive-compulsive disorder.(explain)
- Disruptive behavioral disorders (eg, attention-deficit/hyperactivity disorder [ADHD] (explain)

Prof. Philip





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Thiruvambady P O, Kozhikode [DIST.] - 673603

List of Students Enrolled for Add-On Course CHILD AND ADOLESCENT MENTAL HEALTH (2018-2019)

SL.NO	ENROLLMENT NUMBER	NAME OF PARTICIPANTS
1	PSYCAAMH18-01	Dilfehana
2	PSYCAAMH18-02	Parvathi K.
3	PSYCAAMH18-03	Fasna M. K.
4	PSYCAAMH18-04	Fathima Rosly
5	PSYCAAMH18-05	Ayisha Minnath P. K.
6	PSYCAAMH18-06	Chaithanya K.
7	PSYCAAMH18-07	Anagha Augustine
8	PSYCAAMH18-08	Haripriya T. S.
9	PSYCAAMH18-09	Nafeesathul Misiriya
10	PSYCAAMH18-10	Sneha Devasia
11	PSYCAAMH18-11	Ailin Shaji
12	PSYCAAMH18-12	Sachin P. J.
13	PSYCAAMH18-13	Akarsh Dominic
14	PSYCAAMH18-14	Anithottathil Jalita James

15	PSYCAAMH18-15	Surya M.
16	PSYCAAMH18-16	Arunima P. K.
17	PSYCAAMH18-17	Fathima Niya M.
18	PSYCAAMH18-18	Arshina Muhammed
19	PSYCAAMH18-19	Rahmath Beevi K.
20	PSYCAAMH18-20	Athira M.
21	PSYCAAMH18-21	Anjana K.
22	PSYCAAMH18-22	Afnidha K.
23	PSYCAAMH18-23	Sivapriya P.
24	PSYCAAMH18-24	Amina Fida K.
25	PSYCAAMH18-25	Arya A.
26	PSYCAAMH18-26	Nazrin
27	PSYCAAMH18-27	Melna Romeo
28	PSYCAAMH18-28	Ajanya K.
29	PSYCAAMH18-29	Alaka A. M.
30	PSYCAAMH18-30	Sreepriya T. K.

Anju James
Ms. Anju James (Coordinator)

Prof. Philip. K. Antony (Principal)

Prof. PHILIP. K. ANTONY



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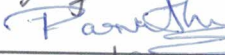


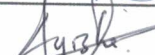







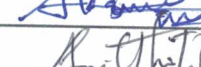
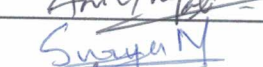

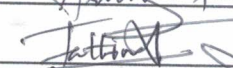


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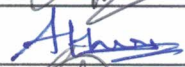


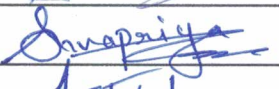
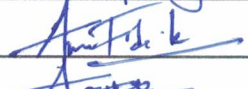






CHILD AND ADOLESCENT MENTAL HEALTH

A Certificate course for B.Sc Students

2018-2019

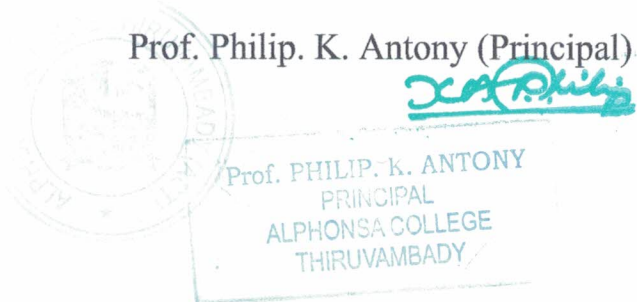
STUDENTS LIST WITH SIGNATURE

SL.NO	NAME OF PARTICIPANTS	SIGNATURE
1	Dilfehana	
2	Parvathi K	
3	Fasna M. K.	
4	Fathima Rosly	
5	Ayisha Minnath P. K.	
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30	Sreepriya T. K.	


Ms. Anju James(Coordinator)

Prof. Philip. K. Antony (Principal)



2018-2019

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CHILD AND ADOLESCENT MENTAL HEALTH

An Add-On Course for B.Sc Students

2018-2019

GRADE SHEET

SL.NO	NAME OF PARTICIPANTS	GRADE OBTAINED
1	Dilfehana	A
2	Parvathi K.	A
3	Fasna M. K.	A+
4	Fathima Rosly	A
5	Ayisha Minnath P. K.	A+
6	Chaithanya K.	A+
7	Anagha Augustine	A
8	Haripriya T. S.	A+
9	Nafeesathul Misiriya	A
10	Sneha Devasia	A+
11	Ailin Shaji	A
12	Sachin P. J.	B+
13	Akarsh Dominic	A
14	Anithottathil Jalita James	A
15	Surya M.	A+
16	Arunima P. K.	A+

17	Fathima Niya M.	A
18	Arshina Muhammed	A+
19	Rahmath Beevi K.	A
20	Athira M.	A+
21	Anjana K.	A+
22	Afnidha K.	A
23	Sivapriya P.	B+
24	Amina Fida K.	A
25	Arya A.	A
26	Nazrin	A
27	Melna Romeo	B
28	Ajanya K.	A
29	Alaka A. M.	A
30	Sreepriya T. K.	A+

Anju James
Ms. Anju James (Coordinator)

Prof. Philip. K. Antony (Principal)

Prof. Philip
Prof. PHILIP. K. ANTONY
PRINCIPAL
ALPHONSA COLLEGE
THIRUVAMBADY



Alphonsa College Thiruvambady

Run by Educational Trust of Diocese of Thamarassery
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CERTIFICATE

This is to certify that

Anjana K

has successfully completed an add-on-course on

'Child and Adolescent Mental Health'

With 'A' Grade in the academic year 2018-2019 organized by
Department of Psychology.

Vinny Joseph

Sr. Vinsy Joseph
HOD, Department of
Psychology



Mr. Philip K Antony

Mr. Philip K Antony
(Principal)