



**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**  
**2023\_2 EXAMINATIONS**

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**Course code (HED 311) MENTAL AND SOCIAL HEALTH**

**Unit: 2**

**Time: 2 hrs**

**Instruction: Answer question one (1) and any other two.**

1a. Identify and explain four typical element that is included in mental health assessment?

1b. Discuss two fundamental principles of mental health care?

1c. Enumerate two ways you can help in creating a mentally healthy community?

2a. Define mental illness?

2b. Describe the three levels of prevention of mental illness?

3a. Define stigma?

3b. Itemize and explain with appropriate examples the three main types of stigma as identified by Erving Goffman in the 19<sup>th</sup> century?

4a. What is medical history?

4b. Briefly explain the six mental health common behaviour assessment methods?

5a. What is Art Therapy

5b. Describe six strategies for coping with mental problems?