

Rajiv Gandhi University of Health Sciences, Karnataka

VII Semester Bachelor of Occupational Therapy Degree Examination – 04-May-2026

Time: Three Hours
100

Max. Marks:

Occupational Therapy in Mental Health Conditions

Q.P. CODE: 3436

Your answers should be specific to the questions asked

Draw neat, labeled diagrams wherever necessary

LONG ESSAYS (Answer any Two)

2 x 10 = 20 Marks

1. Explain the subsystem of the Model of Human Occupation and intervention techniques for the same with suitable examples
2. Explain any five cognitive distortions commonly seen in patients with mental health condition. Describe the cognitive strategies used in Cognitive Behavioural therapy to intervene the same with examples
3. Identify the sensory processing problems commonly seen in clients with mental health conditions. Explain the intervention strategies using a sensory integrative Frame of Reference to improve the same

SHORT ESSAYS (Answer any Ten)

10 x 5 = 50 Marks

4. Explain the types of occupational therapy intervention techniques used for clients with bipolar mood disorders
5. Explain the factors to be considered before assessing and planning intervention using Cognitive behavioural Therapy
6. Describe the role of occupational therapy in community-based rehabilitation with suitable examples
7. Explain the factors and ways of providing assertive training in mental health practice with suitable examples
8. Explain the types of group therapy used of clients with substances abuse disorders with examples
9. Describe the behavioural strategies used for clients with substance abuse disorders with examples
10. Describe Allen's Cognitive Scale
11. Explain the role of occupational therapy in treating negative symptoms of patients with schizophrenia
12. Explain the procedure and interpretation of administering COPM
13. Explain positive and negative reinforcement with suitable examples
14. Explain the role of occupational therapy in the management of a client with Alzheimer's disease with examples
15. Describe the occupational therapy assessment strategies used for clients with personality disorders

SHORT ANSWERS (Answer any Ten)

10 x 3 = 30 Marks

16. Write any three special considerations for using arts and crafts activities in mental health settings
17. Describe Cognitive restructuring with examples
18. Explain any three precautions to be taken into consideration in a psychiatric unit
19. Write any three differences between neurosis and psychosis with examples
20. Describe projective techniques and their purpose
21. Explain the purpose and types of relaxation techniques used for clients with mental health issues
22. Explain the assessment strategies to evaluate body image with examples
23. Write the occupational therapy role in substance abuse with examples
24. Describe the token economy with examples
25. Explain the difference between cognitive distortion and defence mechanism with examples
26. Explain the purpose of child guidance clinics
27. Write any three occupational therapy strategies for patients with psychosomatic disorders with examples
