

**FAQs:**

**Q1.** What is the recommended treatment for adjustment problem and its goal?

**Ans.** The recommended treatment for adjustment problem or disorder is psychotherapy, the goal of psychotherapy is symptom relief and behaviour change.

**Q2.** List down the antisocial behaviour patterns which primarily occurs in children and adolescents.

**Ans.** Aggressiveness, over activity, destructiveness, cruelty, truancy, lying, disobedience, perverse sexual activity, criminality, alcoholism and drug addiction.

**Q3.** What are the factors causing behavioural disorder?

**Ans.** Cognitive factors, neurological factors, intra-individual factors, family and peer factors and widely contextual factors.

**Q4.** What do you understand by the term chronic adjustment disorder?

**Ans.** If an adjustment disorder lasts for more than 6 months than it is termed as chronic adjustment disorder.

**Q5.** Describe the conditions that cause disability.

**Ans.** The conditions that cause disability are:

- Inherited
- Congenital
- Acquired
- Of unknown origin

**Q6.** Define personality disorders as given by Diagnostic and Statistical Manual of Mental Disorders, 2000.

**Ans.** Personality disorder is an enduring pattern of inner experience and behaviour that deviates markedly from the expectations of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time and leads to distress or impairment.

**Q7.** Illuminate the disorders that fall under Cluster A also referred to as Odd disorders.

**Ans.** The disorders that come under Cluster A or Odd disorders are, paranoid personality disorder, schizoid personality disorder and schizotypal personality disorder.

**Q8.** How can a child with internalizing disorder be identified?

**Ans.** When a child suffers from depression and experiences loss of interest in activities including social activities, work and life then the child is identified as suffering from internalizing disorder.

**Q9.** What are the various forms of therapy's recommended for the treatment of personality disorders?

**Ans.** Individual psychotherapy, family therapy, group therapy, psychological-education, self help groups, psychiatric medications and milieu therapy.

**Q10.** List down the strategies adopted by a teacher to help students overcome their emotional barriers to learning?

**Ans.** The teachers makes learning relevant, helps the students establish positive peer relationships, teaches behaviour management skills, identifies and deal with depression, helps the students to cope with stress and most importantly instill hope in the student.