



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
2025_2 EXAMINATIONS

COURSE CODE: HED 311

COURSE TITLE: MENTAL AND SOCIAL HEALTH

COURSE UNITS: 2C

TIME: 2HOURS

INSTRUCTION: ANSWER QUESTION ONE (1) AND ANY OTHER TWO.

- 1a. Define the term *mental illness* and provide an example. **(10 marks)**
- 1b. Discuss five (5) effective strategies for coping with mental health problems, including relevant examples. **(10 marks)**
- 1c. Explain the roles of three (3) different mental health professionals in managing mental health issues. **(10 marks)**
2. Itemize and explain four (4) key factors that predispose individuals to mental illness. **(20 marks)**
3. Discuss five (5) ways to maintain good mental health, providing practical examples for each. **(20 marks)**
4. Explain two (2) significant contributions made by theorists in understanding mental health and mental illness. **(20 marks)**
5. Identify and explain four (4) common characteristics of mental health conditions. **(20 marks)**