

**National Institute of Open Schooling**  
**Senior Secondary**  
**Lesson 20 – Psychological disorders**  
**Worksheet-20**

1. Interview at least 5 people about their understanding of terms “normal and abnormal behavior”. Write a report describing the collected information.
2. Define the term psychological disorder and explain characteristic features of psychological disorder.
3. Elucidate upon the considerations that distinguish between normal and abnormal behavior.
4. Often disorders have certain causes behind them. Describe at least two such factors that may contribute to the development of psychological disorders.
5. Parul is complaining that for the past one month she gets overwhelmed with anxiety all of a sudden, her heart increases and it feels like she can't even breathe properly. Identify the psychological disorder Parul might be having and describe its symptoms.
6. Shyam complains of constant headaches but the doctor was unable to find any organic causes to it. Shyam is unable to function well because of his headache. What is your opinion of this situation? Justify your answer.
7. Aman's Father observes that he is not showing interest in his daily activities the way he used to and his food intake has also decreased in the past month. Whenever Aman's mother asks him about his studies, his replies suggest hopelessness and helplessness. Help Aman's parents identify the disorder and explain it.
8. A person has decided to quit the alcohol consumption habit as one was facing challenges in day-to-day life due to this habit. Identify and name the disorder one is having and mention different steps involved in the process of quitting this habit.
9. Describe the different categories and symptoms of schizophrenia.
10. Riya has shown disruptive behavior in her classroom, she hits children of her age and also shows insensitive behavior towards animals. Identify the personality disorder that Riya might be suffering from. Justify your answer.