



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES  
ADVANCED DIPLOMA IN MENTAL HEALTH PRACTICE  
END OF AUGUST-DECEMBER 2022 SEMESTER EXAMINATION**

**ADMH101 :PSYCHOPHARMACOLOGY PSYCHOPATHOLOGY**

**DATE: 6<sup>TH</sup> DECEMBER 2022**

**TIME: 2 HOURS**

**Start: 4:00 PM**

**Finish: 6:00 PM**

**INSTRUCTIONS**

1. This exam is out of 60 marks
2. This Examination comprises TWO Sections. Section A: Multiple Choice Questions (20 marks) Section B: Answer any TWO Questions (40 marks)
3. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

## **SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. Which of the following should be considered when using a graph in a PowerPoint presentation?
  - a) Scale should be easy to interpret
  - b) Labelling the axis not very necessary this will crowd your PowerPoint
  - c) Use as many different graphs as you can in your presentation
  - d) You should always add paragraphs on the slides to explain your graph
2. The following are best practices when using google images except?
  - a) Assume all images are copyright protected
  - b) It is safe to use of public domain images
  - c) Use your own images or images you have been permitted to use by the owners
  - d) You can use social media images
3. Biodata is among the most important aspects of psychiatric history taking. Why is it significant?
  - a) Help in understanding the main presenting complaints
  - b) Can hint on the different diagnosis the patient might have
  - c) Important in formulating a diagnosis
  - d) Not necessary in psychiatric history taking
4. Concerning culture and psychopathology
  - a) Culture does not influence the expression of symptoms.
  - b) Depression is a culture bound syndrome
  - c) Mental health practitioner can refer a patient on the basis of culture for appropriate care
  - d) It's not important to understand your client's culture
5. Choose the most accurate sequence in presenting psychiatric case
  - a) Demographic data, presenting complaints, history of presenting complaints, substance use history
  - b) Family history, personal/ social history, substance use history, forensic history
  - c) Past psychiatric history, medical/surgical history, substance use history, personal/ social history
  - d) Demographic data, presenting complaints, past psychiatric history, substance use history

6. The listing of your patient's symptoms or chief complaint is the?
- Present problem as expressed by the patient's own words
  - Symptoms explored while taking history
  - Differential diagnosis
  - Problem patient has been suffering from
7. A good formulation has to have the following except?
- A discussion of important positives and negatives from the history and mental state evaluation
  - A brief summary of the whole psychiatric history
  - Diagnosis and differential diagnosis
  - The 5 Ps
8. The following are classified as anti-Depression except?
- SSRI
  - SNRI
  - Lithium
  - MAOI
9. There are unique side effects of psychiatric medications, choose the correct match
- Olanzapine – Weight loss
  - Mirtazapine – Nightmares
  - Clopixol depot – Thyroid disease
  - Lithium - Extrapiramidal side effects
10. A patient presents with chronic fatigue, sleep disturbance and significant weight loss. As per the Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM-5) what would you need to inquire to make the right diagnosis?
- Does the patient have a medical condition
  - Is there history of persistent low mood for at least 2 weeks and lack of interest/pleasure in their day-to-day activities
  - Is there history of substance use that might have caused their lack of sleep and reduced appetite
  - Whether they have done blood investigations

11. Which of the following is accurate regarding the presentation of patients with bipolar disorder?

- a) Manic episodes caused by substance abuse are included in the diagnostic criteria for Bipolar mood disorder II
- b) For a diagnosis of Bipolar mood disorder II, hypomanic episodes must last at least 4 consecutive days
- c) Decreased communication and intentional avoidance of pleasurable activities are recognized components of manic episodes in patients with bipolar mood disorder
- d) Mixed depressive state and manic state symptomology suggests a diagnosis other than bipolar mood disorder

12. \_\_\_\_\_ test is recommended in the workup for anxiety disorder

- a) Serum phosphorus level measurement
- b) Thyroid function testing
- c) Serum calcium level measurement
- d) Functional MRI scanning

13. People with schizophrenia can have certain cognitive impairments that are present when they are not experiencing an episode of psychosis. \_\_\_\_\_ is most common.

- a) Impaired planning/organization
- b) Impaired learning ability
- c) Impaired balance/coordination
- d) Impaired long-term memory

14. \_\_\_\_\_ is not observed in Alcohol withdrawal?

- a) Anxiety and insomnia
- b) Sweating
- c) Hallucination
- d) Watery eyes

15. You are seeing a 47-year-old man for a session. From his history, you learn he is taking a medication called Methadone. It is used in the treatment of which drug addiction. Select one:

- a) Nicotine
- b) MDMA
- c) Opioids
- d) Alcohol

16. Anna Oloo is a 15-year-old girl with a diagnosis of ADHD. She is currently maintained on methylphenidate. Her mother wants to know what might have caused her ADHD.

\_\_\_\_\_ is the most important antenatal risk factor for developing ADHD?

- a) Older paternal age
- b) Maternal smoking
- c) High maternal folate levels
- d) Maternal caffeine use

17. A patient presents with a 6 months history of disorganized speech and behavior accompanied by audio visual hallucinations and believing that he is god sent. Among the following group of drugs, which one would be the best choice for this patient?

- a) Anxiolytic
- b) Antipsychotic
- c) Mood stabilizer
- d) Antidepressant

18. James Mbugua is a 7- year old boy who has had difficulties with facial grimacing and vocal tics from around 2 years. He has now presented again with problems with repeated eye blinking and a throat clearing sound. Which of the following is the most likely diagnosis?

- a) OCD
- b) Autism
- c) ADHD
- d) Tourette Syndrome

19. Mental health problems are more common in offending populations. Which of the following is the most common psychiatric disorder among homicide offenders?

- a) Schizophrenia
- b) Personality disorders
- c) Anxiety disorders
- d) Depression

20. The following are Medical conditions that can cause psychotic symptoms except?

- a) Head injury
- b) Hyperthyroidism
- c) Asthma
- d) Epilepsy

**SECTION B: ANSWER TWO QUESTIONS (40 MARKS)**

21. A 19-year-old woman who is a college student is brought to the clinic by her roommate because she has been acting strangely during the past six months. During the past month, the patient has been describing how another person's thoughts have been entering into her mind. The patient's grades have been slipping, and she does not talk as much as she did previously. The roommate says that when the patient does talk, she strays from the topic and is hard to follow. There are times she feels extremely low, hopeless, loses interest in activities and refuses to eat completely. During the interview, the patient says a television reporter told her that the government had a special message for her and she should listen to the radio for further instructions.

- a) Which condition is most likely to be the cause of this patient's symptoms? (2 marks)
- b) List down 4 psychopathologies seen in this patient. (4 marks)
- c) Discuss the 5 conditions under schizophrenia spectrum and other psychotic disorders as per the DSM-5. (10 marks)
- d) List down 2 groups of medications that can be given to this patient; with one example each. (4 marks)

22. A 16-year-old girl presents herself to you with a 2-week history of refusal to go to school, lack of sleep, poor appetite to the extent of losing a lot of weight in a short span of time, cutting herself and wishing to die. The father reports that she requested to see a counsellor last year around September, but he brushed it off. On further inquiry dad tells you that he actually noticed a change in her behavior around the time him and the mother separated in July 2020, but didn't do much because he didn't understand what was going on. When you were engaging with the patient, she tells you that she has been feeling sad for a long time, she would cry every time the parents quarrelled, she would keep to self-most of the time and would get easily angered. Dad also reports that she has been having a rebellious behavior even when mom was around, especially when shouted at. When dad noticed that she has lost a lot of weight, he decided to take her to a public hospital and was put on

Citopam 20mg daily and Olanzapine 5mg at night. She is currently doing better though sometimes she becomes sad and still has suicidal thoughts on and off.

- a) Name the most likely diagnosis? Defend your answer in reference to the above scenario (4 marks)
- b) Outline the DSM 5 criteria for diagnosing depression. (8 marks)
- c) Discuss how you will rule out Bipolar depression in this patient. (8 marks)

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