



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
ADVANCED DIPLOMA IN MENTAL HEALTH PRACTICE
END OF SEPTEMBER -DECEMBER TRIMESTER EXAMINATIONS 2022**

ADMHP 102 ASSESSMENT IN MENTAL HEALTH AND PRACTICUM

Date: : 7th December 2022

Time: 2 Hours

START: 4:00 p.m.

FINISH: 6:00 p.m.

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 20MARKS

1. PCL-5 is an assessment used to evaluate_____
 - a) Cognitive function
 - b) Nightmares
 - c) Intelligence
 - d) Post-traumatic stress disorder
2. _____ is a projective test.
 - a) GAD 7
 - b) Ps15
 - c) Sentence completion
 - d) Composite Interview Diagnostic Interview
3. _____ test would be used to evaluate a child with anxiety.
 - a) Becks anxiety inventory
 - b) MMPI
 - c) GAD7
 - d) SCAREED
4. _____ is a disorder that is not classified as Mood disorder.
 - a) Persistent mood disorder
 - b) Acute Depression
 - c) Attention deficit disorder
 - d) Post-partum depression
5. _____ is an alcohol withdrawal symptom.
 - a) Tremors
 - b) Focused behavior
 - c) Headache
 - d) Increased sleep

6. _____ is a good reason to use a diagnostic tool.
- a) To confirm diagnosis
 - b) To keep client busy
 - c) To check if client is alert
 - d) To reduce boredom in client
7. A 17-year-old girl presents with low moods, poor sleep and appetite and suicidal ideation. She speaks in Kiswahili and is unable to express self in English. The ethical decision taken in order to do no harm would be: -
- a) Speak only to the parents
 - b) Refer to a therapist who can speak and understand Kiswahili well.
 - c) Try and understand what she is saying
 - d) ask her to come back after 2 weeks
8. A 16-year-old student presents with; rudeness, inattentiveness in class, fighting with colleges, increased anger, low mood, a times tearful, caught smoking weed severally. The appropriate diagnosis would be: -
- a) ADHD
 - b) SUD
 - c) Depression
 - d) Bipolar
9. _____ is a depressive disorder man have been seen to experience after their women give birth.
- a) Major depressive disorder
 - b) Depressive episode
 - c) Mood disorder
 - d) Postpartum depression

10. _____ is the best modality of treatment for A 21-year-old lady who is recently diagnosed with Schizophrenia.

- a) Medication and therapy
- b) Prayer
- c) Mindfulness therapy
- d) Injection

11. _____ personality disorder that indicates dramatic behavior.

- a) Schizotypal
- b) OCPD
- c) Borderline
- d) Dependence

12. In obsessive compulsive disorder the following are the symptoms that are present except

- _____
- a) Anxiety
 - b) Obsessional thinking
 - c) Flexible thinking
 - d) Ritualistic behavior

13. A 16-year-old girl has been brought in for assessment she tells you she is having suicidal thoughts and does not want you to tell the parents since she is your client and you are bound by confidentiality. The following act would be the best: -

- a) Agree with child's wishes
- b) Refer client
- c) Tell parent to watch the child
- d) Explain gently to the client limits of confidentiality

14. _____ is a symptom present in Anxiety disorders

- a) Hyper arousal
- b) Laughter
- c) Increased appetite
- d) Low mood

15. A 30-year a machine operator, presents with history of low motivation, bizarre behavior, poor sleep patterns, inappropriate affect for six months. The assessment tool to use is: -

- a) History
- b) Corroborate information
- c) Observation
- d) Beck anxiety inventory

16. _____ projective tool would you use to assess a child who is 9 years' old.

- a) House tree person
- b) GAD7
- c) YBOC
- d) Burnout scale

17. The possible diagnosis in a 60-year-old retired soldier who presents with fatigue and changes in sleep and appetite, irritability, restlessness, low mood tearfulness would be: -

- a) Brief psychosis
- b) Acute stress
- c) Adjustment disorder
- d) Grief

18. _____ is not necessary while making a diagnosis

- a) Cognitive behavior therapy
- b) clinical intake
- c) collaborative information
- d) diagnostic statistical manual

19. _____ can pick the potential of a child with a low IQ

- a) WISC
- b) WAIS
- c) Becks anxiety inventory
- e) YBOC

20. _____ is not a symptom of ADHD

- a) Poor appetite
- b) Distractibility
- c) Hyperactivity
- d) Hyper focus

SECTION B: ANSWER 2 QUESTIONS ONLY (40 MARKS)

21. a) Write down five instruments you would use to come up with a diagnosis of a major depressive disorder and explain each briefly. (5 Marks)

c) Discuss the cognitive, emotional and behavioral signs and symptoms of major depressive disorder (10 marks)

b) Propose four reasons that psychologist carry out mental health assessment. (4 Marks)

22. a) Explain 6 reasons why psychologist write a psychological report (6 Marks)

b) Rationalize all the sections that should be included in a psychological report (4 Marks)