



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
BACHELOR OF SCIENCE IN NURSING
END OF JANUARY-APRIL SEMESTER 2023 EXAMINATIONS**

COURSE CODE AND TITLE: BSN 322 MENTAL HEALTH NURSING

DATE: 4th APRIL 2023

Duration: 2 HOURS

Start: 11:15 AM

Finish: 01:15 PM

INSTRUCTIONS

- 1.** This exam is out of 70 marks
- 2.** This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
- 3.** Answer ALL Questions.
- 4.** Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION A: MULTIPLE ANSWER QUESTIONS (20 MARKS)

1. Sudden "**loss of memory**" or "**blackouts**" related to painful or humiliating experience is seen in: -
 - A. Generalized anxiety disorders
 - B. Obsessive compulsive disorders
 - C. Dissociative disorders
 - D. Bipolar affective disorders
2. The principle of extinction assumes that emotional problems can be: -
 - A. Unlearned
 - B. Removed from your mental lexicon
 - C. Derived from childhood experiences
 - D. Become prehistoric
3. The following is the term for the experience of persistent or recurrent delay in or absence of orgasm following normal sexual excitement which causes the individual marked distress or interpersonal difficulty: -
 - A. Dysfunctional Orgasmic Disorder
 - B. Acclimactic Disorder
 - C. Female Orgasmic Disorder
 - D. Female Climactic Disorder
4. Bipolar disorder is characterized by the presence of: -
 - A. Sneezing attacks
 - B. Mood swings
 - C. Psychotic attacks
 - D. Low self esteem
5. The following can be used to treatment erectile dysfunction: -
 - A. Hoover erection device (**HED**)
 - B. Vacuum erection device (**VED**)
 - C. Piston erection tool (**PET**)
 - D. Erectile dysfunction pump (**EDP**)
6. The following anti-seizure medication is used as mood stabilizer: -
 - A. Carbamazepine
 - B. Valproic acid
 - C. Lamotrigine
 - D. All the answers are **TRUE**
7. Paraphilia refers to: -
 - A. Problems with the normal sexual response cycle
 - B. Sexual urges or fantasies involving unusual sources of gratification problems
 - C. An individual is dissatisfied with their own biological sex and have a strong desire to be a member of the opposite sex
 - D. Problems with sexual fantasies

8. Counterconditioning is an exposure therapy technique which involves: -
 - A. Learning that one negative event may be linked to another
 - B. Exposing the client to the feared stimulus
 - C. Learning that an event or situation is no longer threatening
 - D. Helping the client to see that their behavior is counterproductive
9. The term performance anxiety refers to: -
 - A. Fear of failing to achieve a sustained erection
 - B. Fear of having sex in a public place
 - C. Fear of criticism from the sexual partner
 - D. Fear of not achieving orgasm
10. Post-mortem studies of Alzheimer's disease have shown: -
 - A. Shrinkage of frontal and temporal gyri
 - B. Enlarged ventricles
 - C. Shrinkage of the parietal and occipital lobes
 - D. Enlarged frontal and temporal gyri
11. The following is a Drug treatment for social phobia: -
 - A. Serotonin reuptake inhibitors (SSRIs)
 - B. Antibiotics
 - C. Antipsychotic drugs
 - D. Anti-inflammatory drugs
12. In Obsessive Compulsive Disorder (**OCD**) compulsions are generally thought to be which of the following: -
 - A. Repetitive or ritualized behavior patterns that the individual feels driven to perform in order to prevent some negative outcome happening
 - B. Repetitive thoughts about harming or distressing others
 - C. Overwhelming desires to behave in an inappropriate fashion
 - D. Ritualized worrying about negative outcome of events
13. An angry client on an inpatient unit approaches a nurse stating, "Someone took my lunch! People need to respect others, and you need to do something about this now!" The nurse's response should be guided by which basic assumption of milieu therapy: -
 - A. Conflict should be avoided at all costs on inpatient psychiatric units
 - B. Conflict should be resolved by the nursing staff
 - C. Every interaction is an opportunity for therapeutic intervention
 - D. Conflict resolution should only be addressed during group therapy
14. The following is not an antidepressant drug: -
 - A. Tricyclic antidepressants
 - B. Monoamine oxidase inhibitors (MAOIs)
 - C. Selective serotonin reuptake inhibitors (SSRIs)
 - D. Antinoamine tritase rehibitor (ATRs)

15. Beck's Cognitive therapy for depression requires the individual to: -
- A. Make an objective assessment of their beliefs
 - B. Keep a dream diary
 - C. Keep a mood diary
 - D. Set attainable life goals
16. Client centred therapy is a type of: -
- A. Humanistic therapy
 - B. Psychodynamic therapy
 - C. Cognitive therapy
 - D. Behavioural therapy
17. Token Economy is an influential intervention based upon: -
- A. Classical conditioning
 - B. Implicit learning
 - C. Operant conditioning
 - D. Client centred therapy
18. Claustrophobia means fear of: -
- A. Open spaces
 - B. Closed spaces
 - C. Height
 - D. Lizards
19. *La belle* indifference may be seen in: -
- A. Dissociative disorders
 - B. Phobic anxiety disorders
 - C. Schizophrenia
 - D. Bipolar affective disorders
20. In Binge-Eating Type anorexia nervosa, self-starvation is associated with: -
- A. Not eating to help control weight gain
 - B. Not being bothered about weight gain
 - C. Regularly engaging in purging activities to help control weight gain
 - D. Eating only certain food types

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline **Five (5)** family risk factors associated with Disruptive Behavior Disorder **(5 Marks)**

2. What are the **Five (5)** priority nursing diagnosis for a patient admitted with major neurocognitive disorder **(5 Marks)**

3. Discuss **Three (3)** biological causes of major depressive disorder **(6 Marks)**

4. Describe the following behavioral interventions for a patient with Bipolar I disorder **(8 Marks)**
 - a. Modeling
 - b. Aversion therapy
 - c. Premack principle
 - d. Contingency contracting

5. Define the following feeding and eating disorders: - **(6 Marks)**
 - a. Pica
 - b. Rumination disorder
 - c. Avoidant/restrictive food intake disorder
 - d. Anorexia nervosa
 - e. Bulimia nervosa
 - f. Purging disorders

SECTION C: LONG ANSWER QUESTIONS (20 MARKS)

1. Discuss the characteristics of an effective mental health care system **(20 Marks)**