



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

COURSE CODE AND TITLE: BSN 322: MENTAL HEALTH AND PSYCHIATRY

DATE: 4-DECEMBER 2023

Duration: 2 HOURS

Start: 9:00 AM

Finish: 11:00 AM

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 I: MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. Indicate True (T) or False (F) for each of the following statements about Tricyclic antidepressants: -
 - a) Inhibits uptake of nor-epinephrine and serotonin
 - b) They are likely to cause nausea and vomiting
 - c) TCA are particularly likely to cause delirium
 - d) They are extremely sedating
2. Antipsychotic medications reduce psychotic symptoms by: -
 - a) Blocking the reuptake of serotonin
 - b) Blocking the action of dopamine
 - c) Inhibiting production of Monoamine Oxidase.
 - d) Depressing the CNS
3. In Schizophrenia, when an individual believes that messages are being sent directly to them, this is referred to as: -
 - a) Delusions of persecution
 - b) Nihilistic delusions
 - c) Delusions of reference
 - d) Delusions of thought insertion
4. Catatonic behaviour is characterized by: -
 - a) Elated mood
 - b) Grandiose delusions
 - c) Delusions of thought broadcasting
 - d) Rigid immobile postures
5. The following are stages of mania: -
 - a) Hypomania, acute mania, delirious mania.
 - b) Hypomania, acute mania, euphoric mania.
 - c) Hypomania, acute mania, expansive mania.
 - d) Hypomania, acute mania, distractable mania.
6. The word anhedonia means inability to: -
 - a) Enjoy food
 - b) Express empathy
 - c) React to enjoyable or pleasurable events
 - d) React appropriately to social cues
7. The most common age group affected by depression is: -
 - a) Middle aged males
 - b) Middle aged females
 - c) Adolescent males
 - d) Adolescent females
8. Conversion disorder is also known as: -
 - a) Hysteria
 - b) Amnestic disorder
 - c) Dissociative disorder
 - d) Repressive disorder
9. The following is a form of Reversible dementia: -

- a) Alzheimer's disease
 - b) Dementia Precox
 - c) Multi-infarct dementia
 - d) Encephalitis
10. Neuroleptic haloperidol is given to reduce which of the following neurotransmitters:-
- a) Histamine
 - b) Dopamine
 - c) Serotonin
 - d) Acetylcholine
11. Electroconvulsive therapy is used when:-
- a) A client becomes totally disruptive
 - b) A client is diagnosed with schizophrenia
 - c) A client cannot physically tolerate antidepressants
 - d) The patient is being discharged
12. In group therapy, the role of the nurse is to:-
- a) Promote participation from clients
 - b) Create a plan for each client
 - c) Give them instruction and force them to discuss
 - d) Control what the clients discuss
13. The therapeutic approach of desensitization is used to deal with:-
- a) Anxiety
 - b) Alcoholism
 - c) Phobias
 - d) Chronic pain
14. The nurse advises a client taking lithium carbonate to do which of the following to prevent toxic effects of lithium: -
- a) Maintain adequate sodium and water intake
 - b) Avoid foods high in tyramine
 - c) Increase level of sweating by doing exercise
 - d) Avoid excessive sodium containing foods
15. A client taking benzodiazepine for anxiety should avoid: -
- a) Alcohol
 - b) Aspirin
 - c) Excessive salt intake
 - d) Tyramine rich foods
16. The technique of exposing a client to a fear producing sensation in a gradual manner is called: -
- a) Biofeedback
 - b) Imaging
 - c) Relaxing technique
 - d) Systematic desensitization
17. Higher cortical normal functions of cerebral cortex in mental health is examined through: -
- a) Consciousness, Orientation, Attention
 - b) Unconsciousness, confusion, Attention
 - c) Coordination, hyperactivity, orientation
 - d) Fine movement, orientation, incoherent
18. Brief therapy emphasizes on: -
- a) Focusing a specific problem
 - b) Broad intervention.

- c) Socialization and dream interpretation
- d) Utilization of natural and available resources

19. The fundamental rule of psychoanalysis includes the following except:-

- a) Free association
- b) Free floating attention
- c) Rule of abstinence of instinctual wishes by the patient.
- d) Rule of active involvement of therapist in guiding the process

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

- 1. Outline six characteristics of an individual suffering from Schizoaffective disorder (6 Marks).
- 2. State three main differences between a Catatonic stupor and depression (3 Marks).
- 3. Outline five characteristics of Histrionic personality disorder (5 Marks).
- 4. Explain five types of Impulse Control Disorders (5 Marks).
- 5. Describe the clinical manifestations of alcoholism (6 Marks).
- 6. State five classical presentation of Alzheimer's dementia (5 Marks).

SECTION III: LONG ANSWER QUESTION – (20 MARKS)

- 1. Madam Girl, 33 years old, is brought to the Psychiatric Inpatient Unit and a diagnosis of Paranoid schizophrenia is made.
 - a) State five priority nursing diagnoses for Madam Girl (5 Marks).
 - b) For each nursing diagnosis, state one priority nursing intervention and one scientific rationale for the intervention (15 Marks).