**AMREF INTERNATIONAL UNIVERSITY**

**SCHOOL OF MEDICAL SCIENCES**

**DEPARTMENT OF HEALTH PSYCHOLOGY**

**APPLIED DIPLOMA IN MENTAL HEALTH PRACTICE**

**END OF SEMESTER EXAMINATIONS DECEMBER 2023**

**Course: ADMHP101- Psychopathology, Psychopharmacology, And Practicum**

**DATE: 5th DECEMBER-2023**

**Time:  2 Hours,          START: 4:15PM          STOP:6:15PM**

**INSTRUCTIONS**
1. This exam is out of 60 marks
2. This exam has three sections: section A: MCQs (20marks),section B: SAQs (40marks)
3. Answer any ALL questions in section A and B
4. Answer only One question in Section C.

1. _____ are Key points to consider before preparing a presentation.
   A. Knowing your Audience, the goal of the presentation, when, and where the presentation is going to be.
   B. How to introduce the presentation, gather enough information, and know your audience .
   C. Maintaining eye contact with your audience, the importance of Rehearsal, the goal of the presentation .
   D. The content and structure of the PowerPoint presentation, conclusion, summary.

2. The following should be avoided during a presentation;-
   A. Reading the slides
   B. Make sure your presentation has an introduction, a main content section, and a conclusion
   C. Going through the presentation quickly to catch the attention of your audience
   D. Making use of graphics to consolidate the information you want conveyed

3. In psychiatry, past medical and surgical history is taken;
   A. Only by professionals with a background in medicine
   B. When a patient presents with physical complaints
   C. Only when necessary to complete documentation
   D. To rule out any physical conditions that might cause the chief complaints

4. Regarding history taking in Psychiatry;-
   A. An informant (s) report is not necessary
   B. Assessment should be carried out in an undisclosed setting
   C. Confidentiality is not important
   D. Demographic data is an integral part of it

5. Concerning classification of mental health conditions in psychiatry;-
   A. Ensures the validity of the diagnosis
   B. It improves the reliability of the diagnosis
   C. DSM-5 has a multi-axial system.
   D. Only specific conditions use classification in Psychiatry

6. The MOST common cause of insomnia among psychiatric patients is;-
   A. Sleep apnea
   B. Stimulant use
   C. Underlying psychiatric illness
   D. Use of sleeping pills.

7. The following cognitive task is NOT part of the assessment of short-term or long-term memory;-
   A. Ask the patient to name the current President.
   B. Ask the patient to name as many animals as possible that can be found in Kenya.
   C. Ask the patient to tell you his or her address and later, you check the answer with the patient's medical record.
   D. Inform the patient 3 objects (e.g., Apple, Newspaper, and Train) and ask the patient to name the 3 objects immediately.

8. A 30-year-old woman mentions that she saw the face of 'Monkey' on the tree trunk of a particular tree near her apartment. She can see the face of 'Monkey' every time she walks past that tree but not on the other trees especially when it's dark. This phenomenon is known as: -
   A. Delusional misidentification
   B. Delusion of reference
   C. Illusion
   D. Visual hallucination.

9. The following are disorders of thought EXCEPT:-
   A. Delusions
   B. Phobias
   C. Obsessions
   D. Hallucinations

10. Mental state examination includes the following EXCEPT:-
    A. Appearance
    B. Affect
    C. Cognition
    D. Diagnosis

11. A patient presenting with low mood, low energy, poor sleep, poor appetite and recurrent suicidal thoughts and believes that she deserves the death sentence for minor mistakes made in the past;-

    A. , Expect psychotic symptoms to manifest after the above symptoms
    B. Psychotic symptoms are considered to be mood incongruent.
    C. Based on the case scenario, there is enough evidence to suggest schizoaffective disorder.
    D. The prescription of a mood stabilizer is highly recommended.

12. . The following features is MOST important to establish the diagnosis of panic disorder;-
    A. Panic attacks are precipitated by exposure to the fearful situation only.
    B. Panic attacks are caused by an underlying physical disorder.
    C. The panic attacks are recurrent.
    D. Panic attacks occur after the development of agoraphobia.

13. Peter is 27 years old and lives with his parents. He has been employed as a delivery man for most of the time since leaving school but has recently left his job as a salesman. He has never taken any illicit drugs. His parents state that in the last three weeks, he has been extremely active, requiring less sleep and not appearing tired, being over-talkative and disinhibited, and on occasions quite irritable. He claimed to have invented a machine for curing cancer and wished to go to the U.S. to sell it. When stopped by his parents, he became violent, and they called the police. The following diagnosis is MOST appropriate for this patient;-
    A. Bipolar I disorder with manic features
    B. Bipolar II disorder with hypomanic features
    C. Mixed affective disorder
    D. Schizoaffective disorder

14. . The personality disorders LEAST likely to be considered as a differential diagnosis to schizophrenia is;-
    A. Borderline personality disorder
    B. Obsessive-compulsive personality disorder
    C. Paranoid personality disorder
    D. Schizotypal personality disorder

15. The following is the BEST method to confirm that a patient with pancreatitis has been drinking alcohol recently; -
    A. Carbohydrate-deficient transferrin (CDT)
    B. Gamma-glutamyl transferase (GGT)
    C. Mean corpuscular volume (MCV)
    D. Serum alcohol level

16. In Oobsessive-compulsive disorder;-
    A. Obsessional thoughts are always followed by a compulsive act.
    B. Abnormality of serotonergic function may be implicated.
    C. Psychotherapy is not a treatment modality
    D. Haloperidol is the drug of choice

17. A mental health condition commonlyseen in individual serving in war zones is;-
    A. Depression
    B. Post traumatic stress disorder
    C. Schizophrenia
    D. Anxiety

18. In conversion disorder ;-
    A. Primary gain is a feature
    B. The symptoms are deliberate
    C. Common in males

D. It is not a DSM-5 Diagnosis

19. The class of psychiatric medications associated with heavy tongue, shaking of the handsand stiffness of muscles is;-
    A. Antidepressants
    B. Mood stabilizers
    C. Anxiolytics
    D. Antipsychotics

Q.20. The following is not a recognized risk factor for the development of post traumatic stress disorder;-
    A. Prior traumatic exposure
    B. Male gender
    C. A history of psychiatric illness
    D. Availability of social support

**Section B: Compulsory Questions**                            **(40 Marks)**

Q. 21.
   a. State two( 2) substances of abuse giving examples of   their possible withdrawal symptoms (6 marks)
   b. Giving examples, distinguish between hallucinations and delusions      (4 marks)
   c. Regarding pharmacologic agents used in psychiatry;
      i. Outline four (4) major classes of the agents,Giving an example of an agent in each class- (4marks)
      ii. Describe any two (2) side effects of each agent listed above.- (6 marks)

Q. 22.
A 16year 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. What is the most likely diagnosis? Defend your answer in reference to the above scenario (4 marks)
   b. List down the DSM 5 criteria for diagnosing the above condition (8 marks)
   c. Discuss how you will rule out Bipolar depression in this patient. (8 marks)