



**AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF HEALTH PSYCHOLOGY
APPLIED DIPLOMA IN MENTAL HEALTH PRACTICE**

SEPTEMBER/DECEMBER 2023 SEMESTER EXAMINATION

Course Code and Title: ADMHP 102 Assessment in Mental Health and Practicum

Date: 6th DECEMBER-2023

Time: 2 hours

START: 4:15 PM

STOP: 6:15 PM

INSTRUCTIONS

1. Write your university registration number on every booklet that you use
2. **Do Not** write on the question paper
3. Use the back of your answer booklet for rough work if need be.
4. This exam is marked out of **60 marks**
5. This Examination comprises Sections A and B
6. Read carefully additional instructions preceding each section

Section A: Multiple-Choice Questions

(20 Marks)

1. WAIS is an assessment used to evaluate; -

- A. cognitive function
- B. Nightmares
- C. Intelligence
- D. Post-traumatic stress disorder

2. The appropriate test to be used in evaluating post-traumatic stress disorder is; -

- A. GAD 7
- B. Pcl5
- C. Sentence completion
- D. Composite Interview Diagnostic Interview

3. The appropriate test to be used in evaluating a child with depression is;

- A. Becks anxiety inventory
- B. MMPI
- C. CDI
- D. SCAREED

4. A disorder whose symptoms are always present in childhood is; -

- A. Persistent mood disorder
- B. Acute Depression
- C. Attention deficit disorder
- D. Post-partum depression

5. Alcohol withdrawal presents with; -

- A. Tremors
- B. Focused behavior
- C. Headache
- D. Increased sleep

6) The following is an indication for use of 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. The following is not a consideration when choosing an assessment tool; -

- A. validity and reliability of tool
- B. Appropriateness for age group of persons being evaluated.
- C. length of assessment
- D. Height of client

8. The most appropriate diagnosis for a 16-year-old presenting with rudeness, inattentiveness in class, fighting with colleagues, increased anger, low mood, a times tearful, caught smoking Marijuana severely would be;-

- A. ADHD
- B. SUD
- C. Depression
- D. Bipolar

9. The depressive disorder experienced by some women after child birth is known as; -

- A. Major depressive disorder
- B. Depressive episode
- C. Mood disorder
- D. Postpartum depression

10. The best modality of treatment for a 21-year-old woman recently diagnosed with Mood disorder is; -

- A. Medication and therapy
- B. Prayer
- C. Mindfulness therapy
- D. Injection

11. The personality disorder associated with dramatic behavior is; -

- A. Schizotypal
- B. Histrionic
- C. Borderline
- D. Dependent

12. The following symptom is not associated with psychosis; - _____

- A. Inappropriate affect
- B. Disorganized behavior
- C. Delusions
- D. Eating well

13. The following action would be appropriate when counselling a 16-year-old client reporting to have suicidal ideations with explicit instructions not to inform her parent based on counselling confidentiality; --

- 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. The following is not a symptom of obsessive-compulsive disorder (OCD); -

- A. Compulsions
- B. Anxiety
- C. Increased appetite
- D. Obsession

15. The appropriate assessment tool to use for an adult client, presenting with a history of low motivation, bizzare behavior, poor sleep patterns, inappropriate affect for six months is; -.

- A. History
- B. Corroborate information
- C. Observation
- D. Beck anxiety inventory

16. The appropriate projective tool to be used in assessing a 9-year-old child is; -

- A. House tree person
- B. GAD7
- C. YBOC
- D. Burnout scale

17. The following should be ruled out in a 10-year-old child presenting with fatigue, sleep changes regressive behavior, unexplained chronic sadness, not playing and irritability for about two weeks; -

- A. Brief psychosis
- B. Depression
- C. Adjustment disorder
- D. Grief

18. The following is not necessary when making a diagnosis; -

- A. Cognitive behavior therapy
- B. Clinical intake
- C. Collaborative information
- D. Diagnostic statistical manual

19. The following is an achievement test; -

- A. WISC
- B. WAIS
- C. Becks anxiety inventory
- D. Kaffman

20. The following is not a symptom of alcohol abuse disorder; -

- A. Diarrhea
- B. Tremors
- C. Headaches
- D. Hyper focus

SECTION B: SHORT ANSWER QUESTIONS

40 MARKS

1a) Describe a step by step process to follow when assessing a client to eventually formulate a diagnosis of a major depressive disorder (10 Marks)

b) Describe the purpose for conducting a psychological assessment (10 Marks)

2a) Describe seven (7) components of a mental status exam (14 Marks).

b) Discuss Six (6) ways American Psychological Association (APA) assessment guideline to protect a client during the assessment process.

(5 Marks)