



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

COURSE CODE BSN 322 AND TITLE: MENTAL HEALTH AND PSYCHIATRY

DATE:

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. Group 1 phenothiazine derivatives includes: -
 - a) Chlorpromazine, Levomepromazine
 - b) Pericyazine, Pipotiazine
 - c) Piperazine phenothiazines - Fluphenazine
 - d) Butyrophenones - Benperidol
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. Prolonged persistent, firm tonic contraction of muscle groups of the head, neck, and jaw:-
- a) Dyskinesia
 - b) Tardive dyskinesia
 - c) Akathisia
 - d) Dystonia
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.
 - a) Outline the psychological factors associated with etiology of schizophrenia (4 Marks).
 - b) State five types of schizophrenia (5 Marks)
2. Outline five aspects of examination in cognitive assessment (5 Marks).
3. Explain five types of delusional disorders (5 Marks).
4. Describe the clinical manifestations of alcoholism (6 Marks).
5. Explain five types of admission under the mental health act (5 Marks).

SECTION III: LONG ANSWER QUESTION – (20 MARKS)

1. Describe five types of psychiatric emergencies giving the relevant priority nursing interventions for each (20mks)