



**AMREF INTERNATIONAL UNIVERSITY**  
**UNIVERSITY EXAMINATIONS**  
**SCHOOL OF MEDICAL SCIENCES**  
**DEPARTMENT OF REHABILITATIVE SCIENCES**  
**BACHELOR OF SCIENCE IN PHYSIOTHERAPY**  
**END OF JAN-APRIL 2024 SEMESTER EXAMINATION**

**Course Code:** PHT 331  
**Course Title:** Mental Health  
**Time:** 2 Hours: Start: 6:00 p.m. Finish: 8:00 p.m.  
**Date:** 12/04 /2024

**INSTRUCTIONS**

1. This exam is marked out of 70 marks
2. This Examination comprises Section A, Section B, and Section C
3. This online exam shall take 2.5 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0702761850 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: [amiu.examinations@amref.ac.ke](mailto:amiu.examinations@amref.ac.ke)
12. All questions are compulsory

### Section A: Multiple Choice Questions (20 Marks)

1. The adjective “psychosocial” is used to describe the interaction between social aspects and psychological aspects that contribute to overall well-being of an individual. \_\_\_\_\_ is NOT an example of psychological aspects.
  - a) Emotions
  - b) Thoughts
  - c) Behaviours
  - d) Community norms
2. Mental health is a state of mind characterized by the following EXCEPT:
  - a) Emotional well-being
  - b) Good behavioral adjustment
  - c) Relative freedom from anxiety
  - d) Freedom from neighborhood and disabling symptoms
3. \_\_\_\_\_ is NOT a component of positive psychological capital.
  - a) Optimism
  - b) Resilience
  - c) Efficacy
  - d) Reliability
4. Anxiety and depression are more common in \_\_\_\_\_.
  - a) Children
  - b) Elderly
  - c) Men
  - d) Women
5. \_\_\_\_\_ are more vulnerable to drugs and substances abuse
  - a) Adolescents
  - b) Elderly
  - c) Women
  - d) Men
6. \_\_\_\_\_ are NOT biological factors linked to mental illness
  - a) Pathological personalities
  - b) Disturbances in neurotransmitters
  - c) Brain damage
  - d) Physical illness
7. \_\_\_\_\_ is an odd representation of impacts of poor mental health on the community
  - a) Orderliness
  - b) Loss of productivity
  - c) Cost on health care
  - d) Legal problems including violence
8. Simple ways of improving your mental wellness include the following except:
  - a) Keep to yourself
  - b) Keep in touch
  - c) Ask for help
  - d) Drink some alcohol

9. Prevention of mental illness is categorized into primary, secondary and tertiary. Life skills education is a component of primary prevention and it excludes:

- a) Counselling
- b) Interpersonal communication skills
- c) Cooperation & teamwork.
- d) Decision-making

10. Mental health after-care services in Egypt are still limited mainly because of \_\_\_\_\_.

- a) Poor understanding of most people in need for follow up care after initial improvement
- b) Scarcity of mental health personnel
- c) Poor family support
- d) Scarcity of finances

11. Determinants of mental health are grouped into three major categories excluding:

- a) Environmental factors
- b) Biological factors
- c) Psychological factors
- d) Personality factors

12. The best definition of mental health promotion is \_\_\_\_\_.

- a) Protecting human rights
- b) Preserving environment
- c) Provision of mental health services
- d) Actions that improve psychological well-being.

13. Social anxiety is characterized by the following physical symptoms except:

- a) Blushing
- b) Difficulty talking
- c) Nausea
- d) Shyness

14. Mood disorder is a mental health problem that primarily affects a person's \_\_\_\_\_.

- a) Psychological state
- b) Behavioral state
- c) Physiological state
- d) Emotional state

15. Dissociative identity disorder is characterized by the following symptoms except:

- a) Headaches
- b) Amnesia
- c) Time trances and out of body experience
- d) Anxiety

16. Three positive symptoms of schizophrenia are listed below apart from:

- a) Hallucinations
- b) Delusions
- c) Confused thoughts
- d) Anhedonia

17. Schizotypal personality disorder may lead to the following except:

- a) Social discomfort
- b) Cognitive distortions

- c) Behavioral eccentricities
  - d) Distrusting others
18. \_\_\_\_\_ is the ODD one out among the following professional roles of the physiotherapist in mental health care:
- a) Advocacy and lobbying
  - b) Leader
  - c) Scholar
  - d) Psychotherapy
19. Psychiatrists are convinced that the three of the following are the basic standards for therapy in mental illness except:
- a) Medication
  - b) Counselling
  - c) Physical activities
  - d) Prayer and praise
20. \_\_\_\_\_ would not be the most likely physiotherapists' treatment option for mental illness.
- a) Biofeedback
  - b) Mindfulness
  - c) Dry needling therapy
  - d) Mood stabilizers

**Section B: Short Answers Questions (10 Marks)**

- 21.
- a) List 5 symptoms of clinical depression (5 Marks)
  - b) Outline 5 risk factors for poor psychological and emotional wellbeing (5 Marks)

**Section C: Long Easy Questions (40 Marks)**

- 22.
- a). Analyse FIVE prevention messages for alcohol use disorder you would recommend to the young university students pursuing a degree in physiotherapy (10 Marks)
  - b). Describe FIVE key features of acute stress disorder (ASD) (10 Marks)
- 23.
- a) Discuss FIVE characteristics of positive mental health (10 Marks)
  - b) Differentiate between genetical and socio-cultural risk factors for mental health illnesses (10 Marks)