



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER AUGUST 2024 EXAMINATIONS**

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

DATE: Monday 12th August 2024

Duration: 2 HOURS

Start:

Finish:

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. Childhood disorder characterized by impaired social interaction, restricted interest and behaviour but no early developmental delay in spoken or receptive languages cognitive development, self-help skills or curiosity about the environment **is**:-
 - A. Asperger's Disorder
 - B. Rett's Disorder
 - C. Autistic Disorder
 - D. Attention-Deficit/Hyperactivity Disorder
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. During assessment, cognitive examination is achieved when the nurse assess:
 - A. Consciousness, Orientation, Attention and Memory
 - B. Language, Intelligent, mood, Attention and Memory
 - C. Consciousness, Orientation, Attention and Grandiose delusions
 - D. Thought broadcasting Orientation, Attention and Memory
5. At least 2 years of frequent occurring hypomania and low grade depression is referred to:
 - A. Bipolar I disorder.
 - B. Bipolar II disorder.
 - C. Cyclothymic disorder.
 - D. Hypomania.
6. Fear of being away from home or being in a situation where escape is not easy is:
 - A. Generalized Anxiety Disorder
 - B. Panic Disorder
 - C. Social Phobia
 - D. Agoraphobia
7. Pre-occupation with the fear of having a serious disease based on person's interpretation of physical sensation as evidence of serious physical disease is:
 - A. Hypochondriasis
 - B. Psychogenic Pain
 - C. Factitious Disorder
 - D. Somatization Disorder
8. Psychological causes of delayed ejaculation include:
 - A. Depression, anxiety or other mental health conditions and Some antidepressants
 - B. Amnestic disorder Relationship problems due to stress, poor communication or other concerns and Anxiety about performance
 - C. Poor body image and Certain diuretics
 - D. Some antipsychotic medications and anti-seizure medications

9. When an individual identify and think they are another sex rather than the one of their assigned gender, is termed as;-
- A. Gender Dysphoria
 - B. Gender phobia
 - C. Gender paraphilia
 - D. Gender Frotteurism
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. Altered physiological state caused by continued use of a drug, resulting in a diminished response to the same dose of the drug over time:-
- A. Acute Intoxication
 - B. Dependence Syndrome
 - C. Tolerance
 - D. Withdrawal State
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. When a person is sexually aroused by physical and/or psychological humiliation, suffering or injury inflicted on self by others;-
- A. Sexual Sadism
 - B. Sexual Masochism
 - C. Transvestic Fetishistic
 - D. Bestiality
17. Cluster A, Eccentric personality disorder associated with pattern of distrust and suspiciousness:
- A. Paranoid
 - B. Schizoid
 - C. Schizotypal

D. Histrionic

18. An acute reaction to severe thiamin deficiency, the commonest cause being chronic alcohol use:

- A. Wernicke's encephalopathy
- B. Korsakoff's psychosis.
- C. Marchiafava-Bignami disease
- D. Alcoholic Hallucinosis

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

20. Disorder characterized by recurrent episodes of binge eating followed by abnormal compensatory behaviours, such as self-induced vomiting;-

- A. Bulimia Nervosa
- B. Anorexia Nervosa
- C. Pica Rumination Disorder
- D. Binge Eating Disorder

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. State FIVE (5) priority nursing diagnoses for a patient diagnosed with schizophrenia (5mks)
2. State FIVE (5) therapeutic factors in group therapy (5mks).
3. Outline FOUR (4) stages of mania (4 marks).
4. Explain THREE (3) psychiatric rehabilitation approaches (5 marks).
5. Outline SIX (6) clinical manifestations of alcoholism (6 marks).
6. Outline FIVE (5) obsessive compulsive disorders and related disorders (5 marks).

SECTION III: LONG ANSWER QUESTION – (20 MARKS)

1. Mr. G, 33 years old, is brought to the Psychiatric Inpatient Unit with allegation of threatening to kill himself, on conducting Mental Status Exam, you note that Mr. G has suicidal thoughts with, persecutory delusions and auditory hallucinations with risk of violence.
 - a) Explain **THREE** aetiology of suicide (6marks)
 - b) State **FOUR (4)** priority nursing diagnosis for Mr. G (4marks)
 - c) Outline **SIX (6)** Psychobiological interventions for Mr. G (6marks)
 - d) State **FOUR (4)** indicators of impending violence (4marks)