



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCE
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF SEPT-DECEMBER 2024 TRIMESTER EXAMINATIONS**

UNIT CODE: PHT 331

UNIT NAME: MENTAL HEALTH (Special paper)

Fresh entry

DATE: Day/ Date/ December

TIME: TWO HOURS

START: 0:00 STOP : 0:00

INSTRUCTIONS (physical exams)

1. Do not write on this question paper

(Marks and questions distribution as per program curriculum.)

INSTRUCTIONS (Online examinations)

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 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. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

SECTION A : MCQ ANSWER ALL QUESTIONS – 30 MARKS

1) Which of the following is correct?

- a) The biopsychosocial factors are not sufficient to create health or mental illness as a stand-alone, but the interaction between them determines the course of one's development.
- b) The biopsychosocial factors are sufficient to create health or mental illness as a stand-alone, and the interaction between them determines the course of one's development.
- c) The biopsychosocial factors are not sufficient to create health or mental illness as a stand-alone, but the interaction between them does not determine the course of one's development.
- d) The biopsychosocial factors are sufficient to create health or mental illness as a stand-alone, but the interaction between them does not determine the course of one's development.

2) Brain stimulation therapies that stimulate the brain, such as repetitive transcranial magnetic stimulation and vagus nerve stimulation, may be beneficial for treating people with?

- a) Anxiety
- b) Schizophrenia
- c) Depression
- d) Panic attacks

3) What organization publishes the Diagnostic and Statistical Manual of Mental Disorders?

- a) American Psychological Association
- b) American Psychiatric Association
- c) WHO
- d) International Classification of Disorders

4) Which statement is true?

- a) Benzodiazepines work by decreasing GABA levels in the brain.
- b) Benzodiazepines work by releasing GABA levels in the brain.
- c) Benzodiazepines work by increasing GABA levels in the brain.
- d) Benzodiazepines work by suppressing GABA levels in the brain.

5) Monoamine oxidase inhibitors are effective for the treatment of?

- a) Schizophrenia.
- b) Major depression.
- c) Obsessive compulsive disorder.
- d) Generalized anxiety disorder.

- 6) Which of the following possibilities makes email a useful adjunct to face to face consultation?
- a) Monitor treatment from a distance.
 - b) Monitor behaviour daily.
 - c) Intervene in a crisis.
 - d) All of the above.
- 7) Continual professional development (CPD) demonstrates that a professional
- a) Relies on information from informal sources.
 - b) Regularly updates their knowledge of recent developments in treatment techniques.
 - c) Relies solely on research literature as a way of updating their therapeutic skills.
 - d) Attends all therapeutic conferences.
- 8) Antipsychotics do which of the following?
- a) Alleviate Major positive symptoms (such as thought disorder and hallucinations).
 - b) Alleviate Major negative symptoms (such as social withdrawal).
 - c) Reducing the burden of institutional care.
 - d) All of the above.
- 9) People who take antipsychotics can experience.....sex drive or even problems in sexual functioning.
- a) Increased
 - b) Decreased
 - c) Both A and B
 - d) None of the above
- 10) Which of the below side effects is common with antipsychotics?
- a) Dry mouth
 - b) Drowsiness
 - c) Muscle spasms
 - d) Weight loss
- 11) A person who is hearing voices that are not there is experiencing
- a) Delusions.
 - b) Hallucinations.
 - c) Psychosis.
 - d) Schizophrenia.
- 12) A person who believes that the television news anchor is talking to him is suffering from
- a) hallucinations.
 - b) delusions.

- c) catatonia.
- d) negative symptoms of schizophrenia.

13) Which of the following IS NOT considered biological risk for the onset of depression?

- a) Genetics
- b) Physical illness
- c) Smoking
- d) High sugar intake

14) Which of the following statement is true?

- a) 1 in every 4 people in the world live with a mental disorder
- b) 1 in every 8 people in the world live with a mental disorder
- c) 1 in every 3 people in the world live with a mental disorder
- d) 1 in every 6 people in the world live with a mental disorder

15) can make previous mental health problems recur and trigger psychosis and schizophrenia.

- a) Khat
- b) Marijuana
- c) Cocaine
- d) Fizzy drinks

16) What is TRUE about the way depression develops?

- a) It is due to genetic risk activated in the presence of environmental adversity
- b) A lack of serotonin is the only cause of depression
- c) The genetic marker for depression has been clearly identified
- d) The serotonin transporter gene is the one most researched with evidence to support its role
- e) A and D

17) Which drug can make mental health issues worse, making you feel detached from your surroundings and cause flashbacks, which can be frightening or distressing?

- a) Hallucinogens
- b) Heroin
- c) Kuber
- d) Shisha

18) Atypical antipsychotics are medications used to treat

- a) Depression
- b) Schizophrenia
- c) Anxiety
- d) Bipolar

19) Mixing psychotropic drugs with alcohol can cause the following

- a) Balance
- b) Coordination
- c) Slow or stop breathing
- d) All of the above

20) Which of the following statement is true?

- a) Antipsychotic medication use in older adults with dementia-related psychosis can decrease the risk of death.
- b) Antipsychotic medication use in older adults with dementia-related psychosis can increase the risk of death.
- c) Antipsychotic medication use in older adults with dementia-related psychosis can increase the risk of diabetes.
- d) Antipsychotic medication use in older adults with dementia-related psychosis can increase the risk of alcohol use.

21) Which chemical messenger is both a neurotransmitter and a hormone?

- a) Norepinephrine
- b) GABA
- c) Amilase
- d) Serotonin

22) What is the criteria for determining that a person has a mental disorder?

- a) Abnormality
- b) Mal-adaptiveness
- c) Personal distress
- d) All of the above

23) Which statement describes mental health?

- a) Mental health is a state of mental wellness that helps people to manage disease stressors, realize their potential, learn and work effectively, and give back to their communities.

- b) Mental health is a state of mental wellness that helps people to manage normal parental stressors, realize their potential, learn and work effectively, and give back to their communities.
- c) Mental health is a state of mental wellness that helps people to manage normal life's stressors, realize their potential, learn and work effectively, and give back to their communities.
- d) Mental health is a state of mental illness that helps people to manage normal life's stressors, realize their potential, learn and work effectively, and give back to their communities.

24) Which of the following is NOT true about ICD?

- a) Diagnose physical and mental illness
- b) Document causes, consequences, and clinical presentation of illness
- c) Provide prognosis for reimbursement
- d) Collect morbidity and mortality data

25) Section II of the DSM describes

- a) Diagnostic Criteria and Codes
- b) Measurement and trends
- c) Morbidity and Mortality
- d) Names of disorders

26) What are the determinants of mental health?

- a) Biological
- b) Psychological
- c) Social
- d) All of the above

27) The following are examples of genetic factors of mental health except?

- a) Adverse childhood experiences
- b) Hormones
- c) Toxins
- d) Nutrition

28) Drugs called Benzodiazepines are used to treat:

- a) Depression.
- b) Anxiety disorders.
- c) Schizophrenia.
- d) Mood disorders

29) Which of the following is not an antidepressant drug?

- a) Tricyclic antidepressants.
- b) Monoamine oxidase inhibitors
- c) Selective serotonin reuptake inhibitors (SSRIs).
- d) Antinoamine tritase rehibitor (ATRs).

30) Anxiolytic drugs are used to treat

- a) The symptoms of depression and mood disorder.
- b) The symptoms of anxiety and stress.
- c) The symptoms of psychosis and schizophrenia.
- d) None of the above.

SECTION B: ANSWER ALL QUESTIONS - 20 MARKS

31) What are psychotropic medications? (1 Mark)

32) Using examples briefly explain the three types of sleep problems (6 Marks)

33) Name the five main types of psychotropic medications (5 Marks)

34) Do you think antidepressants can worsen suicidal thoughts and behaviour in children and adolescents? Briefly explain your answer (2 Marks)

35) Ecstasy users can experience memory problems True or False (1 Mark)

36) Briefly explain the three main kinds of stress (3 marks)

37) Distinguish between a symptom and a syndrome (2 marks)

SECTION C: ANSWER YOUR BEST TWO QUESTIONS (20 MARKS)

1. Discuss the general signs and symptoms of mental illnesses (10 Marks)

2. Explain the following:

- a) What is the relationship between illness and mental health? (5 Marks)
- b) How does depression occur following nicotine use? (5 Marks)

3.a) What is DSM –V – TR? (2 Marks)

b) Environmental adversities may influence and contribute to the causation of mental illnesses.

Discuss four ways in which the environment can impact mental health (8 Marks)

4. a) Define the term neurotransmitters (2 marks)

b) Discuss how psychotropic drugs work by adjusting levels of brain chemicals or neurotransmitters, such as: (8 Marks)

- i. Dopamine
- ii. Gamma-aminobutyric acid (GABA)
- iii. Norepinephrine
- iv. Serotonin

END!

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