



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEPTEMBER-DECEMBER 2024 SEMESTER EXAMINATION
ADVANCED DIPLOMA IN APPLIED MENTAL HEALTH PRACTICE

COURSE CODE AND TITLE: ADMHP 102: ASSESSMENT IN MENTAL HEALTH AND PRACTICUM

Date: Wednesday, 4th December 2024

Duration: 2 HOURS **START:** 4:00 PM **FINISH:** 6:00 PM

INSTRUCTIONS

1. This exam is out of 60 marks
2. This Examination comprises TWO Sections. Section I: Multiple Choice Questions (20 marks).
Section II: Long Answer Questions (40 marks)
3. All questions are compulsory
3. 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. The best assessment for trauma is the
 - A. Cognitive function
 - B. Nightmares
 - C. Intelligence
 - D. Post-traumatic stress disorder

2. GAD7 is used to assess for
 - A. High blood pressure
 - B. Tension
 - C. Anxiety
 - D. Bipolar

3. A child with depression would be evaluated with
 - A. WAIS
 - B. MMPI
 - C. GAD7
 - D. Child depression inventory

4. Schizophrenia falls under which category of disorders?
 - A. Persistent mood disorder
 - B. Psychotic disorder
 - C. Attention deficit disorder
 - D. Post-partum depression

5. The following is a personality disorder ;-
 - A. OCD
 - B. anxiety disorder
 - C. Dissociative disorder
 - D. Narcissistic personality disorder

6. Assessment is carried out in order to;-
 - A. Confirming diagnosis
 - B. To keep client busy
 - C. To check if client is alert
 - D. To reduce boredom in client

7. A 20-year-old lady presents with low moods, poor sleep and appetite and suicidal ideation. She speaks in Kiswahili and is unable to express self in English. The best possible ethical decision taken in order to do no harm would be
- A. Speak only to the parents
 - B. Refer to a therapist who can speak and understand Kiswahili well.
 - C. Try and understand what she is saying
 - D. ask her to come back after 2weeks
8. A 26-year-old presents with; palpitations, sweaty palms, hypervigilance, light headedness, nausea.The most appropriate diagnosis is;-
- A. Substance abuse disorder
 - B. Anxiety
 - C. Depression
 - D. PTSD
9. _____ is a mental health disorders which could be present for women after giving birth
- A. Major depressive disorder
 - B. Generalized anxiety disorder
 - C. Traumatic stress disorder
 - D. Postpartum depression
10. The best mode of treatment for a 21-year-old lady who is recently diagnosed with Schizoaffective disorder would be
- A. Medication and therapy
 - B. Prayer and therapy
 - C. Mindfulness therapy
 - D. Injection and prayer
11. A personality disorder that does not indicate dramatic behavior would be
- A. Narcissistic
 - B. Histrionic
 - C. Antisocial
 - D. Dependent
12. In obsessive compulsive disorder the following are the symptoms that are present except
- A. Anxiety
 - B. Obsessional thinking
 - C. Elevated mood
 - D. Ritualistic behavior

13. A 15-year-old young man has been brought in for assessment and tell you he is having suicidal thoughts and does not want you to tell the parents since she is your client and you are bound by confidentiality. The best decision to take is;-
- 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. Excess energy is not a symptom present in the following disorders
- A. Depressive disorder
 - B. Anxiety disorder
 - C. Agoraphobia
 - D. Bipolar mood disorder
15. A 30-year old machine operator, presents with history of low motivation, poor sleep patterns, sadness, loss of weight for 1 month. The inappropriate assessment tool to use for this individual is;-
- A. History
 - B. Corroborate information
 - C. Observation
 - D. Blood Work
16. The projective tool ideal for you to use while assessing a child who is 9 years' old is.
- A. House tree person
 - B. GAD7
 - C. YBOC
 - D. Burnout scale
17. A 40-year-old doctor, presents with fatigue and changes in sleep and appetite, weight loss, insomnia, anorexia. The likely diagnosis is;-
- A. Brief psychosis
 - B. Acute stress
 - C. Adjustment disorder
 - D. Grief
18. The unnecessary item when making a diagnosis is;-
- A. Cognitive behavior therapy
 - B. Clinical intake
 - C. Collaborative information
 - D. Diagnostic statistical manual

19. An assessment used to assess for low IQ in adults would be
- A. WISC
 - B. WAIS
 - C. Becks anxiety inventory
 - D. YBOC
20. Attention deficit hyperactive disorder presents with the following, except;-
- A. Poor appetite
 - B. Distractibility
 - C. Hyperactivity
 - D. Hyper focus

SECTION II: LONG ANSWER QUESTIONS (40 MARKS)

21. Sam is a 16-year-old adolescent and a soccer team player. He had a fight with one of his soccer teammates. He was later diagnosed with clinical depression after two weeks.
- a. Explain five(5) reasons for carrying out a psychological assessment with Sam following a fight with his teammate. (5 Marks)
 - b. With reference to Sam's story, describe in-depth five key comments of a psychological report. (15 Marks)
22. Mental status examination is an essential tool in patient assessment
- a. Explain any five (5) broad categories of a mental status exam (10 Marks)
 - b. Describe the process you would undertake to diagnosis one with anxiety disorder (10 Marks)