



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES  
KENYA REGISTERED COMMUNITY HEALTH NURSING  
SUPPLEMENTARY/ SPECIAL EXAMINATION DEC 2024**

**COURSE CODE AND TITLE: DNS 312: MENTAL HEALTH AND PSYCHIATRIC NURSING**

**DATE: WEDNESDAY 11<sup>TH</sup> DECEMBER 2024**

**TIME: 2 Hours                      START: 0900 HOURS                      FINISH: 1100 HOURS**

**INSTRUCTIONS**

- 1. This exam will be marked out of 70 Marks**
- 2. ALL Questions are compulsory.**
- 3. The Examination has Three Sections: Section I- Multiple Choice Questions, Section II: Short Answer Questions, Section III: Long Essay Questions**
- 4. Answer all Questions in the ANSWER BOOKLET provided**
- 5. 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 priority of care for a hospitalized client with recurrent, endogenous depression and suicidal thoughts is:-
  - A. Initiate measures to protect the client from harming themselves
  - B. Provide contact between client and their spouse
  - C. Reassure the client of their self-worth
  - D. Maintain a calm environment
  
2. In the multiaxial classification of mental illness, diabetes in a depressed patient is classified under:-
  - A. Axis I
  - B. Axis II
  - C. Axis III
  - D. Axis IV
  
3. Electroconvulsive therapy induces:-
  - A. Absence seizures
  - B. Petit-mal seizures
  - C. Grand –mal seizures
  - D. Focal seizures
  
4. The most appropriate nursing response to a paranoid client in the unit who states “They’re all plotting to destroy me. Isn’t that true?” is:-
  - A. “People here are trying to help you if you let them”
  - B. “Please explain that to me”
  - C. “What reason would people have to want to destroy you”
  - D. “That doesn’t make any sense; nurses are helpers not murderers”
  
5. The thought pattern characterised by quick topic change without completing the train of thought is:-
  - A. Flight of ideas
  - B. Loose association
  - C. Tangentiality
  - D. Word salad

6. The priority of management for a client with post-traumatic stress disorder is:-
- A. Instruct the client to use distraction techniques to cope with flashbacks.
  - B. Encourage the client to put the past in proper perspective.
  - C. Encourage the client to verbalize thoughts and feelings about the trauma.
  - D. Avoid discussing the traumatic event with client.

7. The following is NOT a sign of dissociative disorder:-

- A. Feeling disconnected from oneself and the world around.
- B. Forgetting about certain time periods, events and personal information.
- C. Feeling of being a special person with greater abilities than others
- D. Having multiple distinct identities

8. To determine a client's potential risk for suicide:-

- A. Wait for the client to bring up the subject of suicide.
- B. Observe the client's behavior for cues of suicide ideation.
- C. Question the client directly about suicidal thoughts.
- D. Question the client about future plans

9. The following intervention is prioritized in the management of Anorexia Nervosa:-

- A. To identify family interaction patterns.
- B. To promote the client's independence
- C. To initiate refeeding program
- D. To determine her current body image

10. Which of the following is the central issue in Anorexia Nervosa in adolescence

- A. Anger Management
- B. Parental Expectation
- C. Self esteem and Self Control
- D. Peer pressure and Substance Abuse

11. The appropriate therapeutic response to a client with debilitating obsessive compulsive behavior is:-

- A. Accept his ritualistic behavior
- B. Challenge the ritualistic behavior
- C. Tell him about the harmfulness of the behavior
- D. Limit the behaviours that are in excess

12. Excessive fear of flying in an Aeroplane is known as:-

- A. Aerophobia
- B. Hydrophobia
- C. Zoophobia
- D. agoraphobia

13. The following is specific learning disability:-

- A. Mental retardation
- B. Dyslexia
- C. Attention Deficit Hyperactivity Disorder
- D. Autism

14. Repetition of words heard from another person as seen in schizophrenic patient is known as:-

- A. Echolalia
- B. Neologism
- C. Loose association
- D. Tangentiality

15. Anxiety is a disorder of:-

- A. Emotional state identified as panic attack
- B. Disordered thinking
- C. Emotional state of constant checking
- D. Excessive or aroused state characterized by feelings of apprehension, uncertainty and fear

16. The following physical symptoms are associated with Panic attacks:-

- A. Heart Palpitations
- B. Perspiring
- C. Hyperventilating
- D. All the above

17. Generalised anxiety Disorder is:-

- A. Fear of fear
- B. Continual apprehension and anxiety about future events
- C. Continual flashback of the past
- D. Desire to check that the environment is safe

18. Compulsions are:-

- A. Repetitive or ritualized behaviors
- B. Repetitive thoughts
- C. Overwhelming desire
- D. Worrying about negative outcomes

19. Mania is:-

- A. Frenzied energy
- B. Feelings of euphoria
- C. Ideas coming too fast and too many
- D. All the above

20. According to Erikson's psychosocial development theory, being paranoid with suspicious behavior stems from failure to successfully accomplish developmental tasks of :-

- A. Initiative vs. Guilt
- B. Autonomy Vs. Shame and doubt
- C. Industry Vs. Inferiority
- D. Trust Vs. Mistrust

## **SECTION II: SHORT ANSWER QUESTIONS ( 30 MARKS)**

21. Regarding Psychosocial rehabilitation ( PSR) in mental health
  - a. Define Psychosocial Rehabilitation ( 1 Mark)
  - b. Outline the Four (4) goals of Psychosocial Rehabilitation ( 4 Marks)
22. Describe the three ( 3) stages of reaction to stress ( 6 Marks)
23. Outline Five (5) manifestations of mania in a client with bipolar disorder ( 5 Marks)
24. Discuss Five ( 5) interventions for home implementation for a child with Attention Deficit Hyperactivity Disorder ( ADHD) ( 5 Marks)
25. Describe any three (3) neurotransmitters and their roles ( 6 Marks)
26. Outline the specific clinical features of Autism Spectrum Disorder ( 3 Marks)

## **SECTION III: LONG ANSWER QUESTIONS ( 20 MARKS)**

27. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
  - a. As a community health nurse giving a health message in a community engagement discuss the various factors that influence mental health using the bio psychosocial model of mental health (12 Mark)
  - b. Outline any eight (8 ) behavioural, functional and social characteristics of a mentally ill person ( 8 Marks)