



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
COURSE: BSC. NURSING INSERVICE PROGRAM (BScN and BScM)
END OF TRIMESTER EXAMINATION AUGUST 2022

BSN 322: MENTAL HEALTH AND PSYCHIATRIC NURSING

DATE: 1st August, 2022

TIME: TWO HOURS START: 9:00AM FINISH: 11:00AM

INSTRUCTIONS

1. Please indicate your **REGISTRATION NUMBER** on all the answer sheets: **DO NOT WRITE YOUR NAME.**
2. The paper consists of **THREE (3)** sections.
3. **SECTION A** consists of **MULTIPLE CHOICE QUESTIONS**. Attempt **ALL** the questions by choosing the **BEST** choice among the statements. Clearly indicate any corrections made.
4. **SECTION B** consists of **SHORT ANSWER QUESTIONS**. Attempt **ALL** the questions.
5. **SECTION III** consists of **LONG ESSAY QUESTIONS**. Attempt **ALL** the questions.

Section A: Multiple Choice Questions (20 Marks)

1. The ability to understand one's own behaviour and emotion is called;
 - A. Judgement
 - B. Insight
 - C. Intelligence
 - D. Personality
2. Narcolepsy is;
 - A. Excessive use of narcotics
 - B. Addiction to narcotics
 - C. Excessive sleep during day time
 - D. Reduced sleep during night
3. Sexual arousal with non-living things is termed as;
 - A. Zoophilia
 - B. Pedophilia
 - C. Fetishism
 - D. Transvestism
4. Fear of pain is termed as;
 - A. Algophobia
 - B. Zoophobia
 - C. Agoraphobia
 - D. Xenophobia
5. The habitual tendency to be anxious in general is called;
 - A. Trait anxiety
 - B. Generalized anxiety disorder
 - C. State anxiety
 - D. Overall anxiety
6. How does norepinephrine relate to depression
 - A. Decreases in depression
 - B. Increases in depression
 - C. Remains unchanged in depression
 - D. No relation with depression
7. An increased sense of psychological well-being and happiness, not in keeping with ongoing events, is called;
 - A. Elation
 - B. Ecstasy
 - C. Euphoria
 - D. Exaltation
8. Technique used in psychoanalytical therapy are;
 - A. Free association
 - B. Hypnosis
 - C. Abreaction therapy
 - D. All of the above

9. Pharmacological management of Obsessive Compulsive Disorder (OCD) is with which medicines;
- A. Antipsychotics
 - B. Antidepressants
 - C. Antimanic
 - D. Stimulants
10. An example of non-therapeutic communication techniques is;
- A. Validating
 - B. Giving advice
 - C. Reflecting
 - D. Listening
11. The involuntary blocking of unpleasant feelings and experiences from one's awareness is known as;
- A. Displacement
 - B. Regression
 - C. Repression
 - D. Suppression
12. The involuntary blocking of unpleasant feelings and experiences from one's awareness is known as;
- A. Displacement
 - B. Regression
 - C. Repression
 - D. Suppression
13. Drug of choice to reverse a dystonic reaction is;
- A. Prochlorperazine
 - B. Diphenhydramine
 - C. chlorpromazine
 - D. Fentanyl
14. Fluoxetine belong to which class of drug:
- A. TCAs
 - B. SSRIs
 - C. MAOIs
 - D. SNRIs
15. Which of the following statements about benzodiazepines is WRONG;
- A. BDZs suppress REM sleep
 - B. BDZs prolongs REM sleep
 - C. BDZs interact strongly with alcohol to produce CNS depression
 - D. BDZs raise the ECT seizure threshold
16. Depot preparation for which of the following drugs is not available:
- A. Haloperidol
 - B. Fluphenazine
 - C. Flupenthixol
 - D. Pimozide

17. One of the following drug causes least gain in weight:
- A. Quetiapine
 - B. Ziprasidone
 - C. Olanzapine
 - D. Risperidone
18. Which of the following is considered as the best antidepressant for a patient with hypotension and cardiac disease;
- A. Duloxetine
 - B. Mirtazapine
 - C. Venlafaxine
 - D. Clomipramine
19. Looking in the mirror and not being able to see one's image is called;
- A. Negative autoscopy
 - B. Missed autoscopy
 - C. Delayed autoscopy
 - D. Inappropriate autoscopy
20. False perception in which objects are seen as reduced in size is called;
- A. Cenesthetic hallucination
 - B. Lilliputian hallucination
 - C. Acropsia
 - D. Micropsia

Section B: Short Answer Questions (30 Marks)

1. State **Five (5)** types of catatonic psychomotor behaviors (**5 Marks**)
2. Outline the diagnostic criteria of Major Depressive Disorder (**6 Marks**)
3. Differentiate between Mania and Hypomania (**4 Marks**)
4. Define the following (**8 Marks**)
 - a. Sexual sadism disorder
 - b. Pedophilic disorder
 - c. Fetishistic disorder
 - d. Transvestic disorder
 - e. Voyeuristic disorder
 - f. Exhibitionistic disorder
 - g. Frotteuristic disorder
 - h. Sexual masochism disorder

5. State **Seven (7)** human rights of persons with mental disorders (**7 Marks**)

Section C: Long Answer Question (20 Marks)

1. Discuss Schizophrenia under the following headings:
 - a. Define Schizophrenia (**1 Mark**)
 - b. Highlight the diagnostic criteria of Schizophrenia (**5 Marks**)
 - c. State **Five (5)** causes of Schizophrenia (**5 Marks**)
 - d. Discuss nursing management of a patient admitted with schizophrenia in a psychiatric unit (**5 Marks**)
 - e. Discuss preventive measures of Schizophrenia disorder (**4 Marks**)

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