



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
COURSE: BSC. NURSING INSERVICE PROGRAM (BScN)
END OF SEMESTER EXAMINATION DECEMBER 2022**

BSN 322: MENTAL HEALTH AND PSYCHIATRIC NURSING

DATE: 6TH DECEMBER 2022

TIME: 2 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 habitual tendency to be anxious in general is called?
 - A. Trait anxiety
 - B. Generalized anxiety disorder
 - C. State anxiety
 - D. Overall anxiety
2. How does norepinephrine relate to depression?
 - A. Decreases in depression
 - B. Increases in depression
 - C. Remains unchanged in depression
 - D. No relation with depression
3. 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
4. Technique used in psychoanalytical therapy is?
 - A. Free association
 - B. Hypnosis
 - C. Abreaction therapy
 - D. All of the above
5. Pharmacological management of Obsessive Compulsive Disorder (OCD) is with which medicines?
 - A. Antipsychotics
 - B. Antidepressants
 - C. Antimanic
 - D. Stimulants
6. An example of non-therapeutic communication techniques is?
 - A. Validating
 - B. Giving advice
 - C. Reflecting
 - D. Listening
7. The involuntary blocking of unpleasant feelings and experiences from one's awareness is known as?
 - A. Displacement
 - B. Regression
 - C. Repression
 - D. Suppression
8. The defense mechanism where an individual transfers negative feelings from one person or thing to another is known as?
 - A. Displacement
 - B. Regression
 - C. Repression
 - D. Suppression
9. Drug of choice to reverse a dystonic reaction is?

- A. Prochlorperazine
 - B. Diphenhydramine
 - C. chlorpromazine
 - D. Fentanyl
10. Enuresis means:
- A. Sleepwalking
 - B. Bedwetting
 - C. Lack of bowel control
 - D. Stammering
11. Specific phobias are defined as:
- A. Excessive worry bouts triggered by a specific object or situation
 - B. An abnormal sensitivity to light
 - C. An excessive, unreasonable, persistent fear triggered by a specific object or situation
 - D. A persistent fear of social situations
12. Recent evidence suggests that at least some phobias are closely associated with the emotion of:
- A. Anger
 - B. Disgust
 - C. Exhilaration
 - D. Sadness
13. It is considered that successful Cognitive Behavioral Therapy (CBT) treatments of social phobia include elements of the following:
- A. Exposure therapy
 - B. Social skills training
 - C. Cognitive restructuring
 - D. All of the above
14. Which of the following is a chronic mood disturbance that can cause depressive symptoms, but does not disrupt normal functioning?
- A. Cyclothymic Disorder
 - B. Dysthymic Disorder
 - C. Dissociative disorder
 - D. Personality disorder
15. In Bipolar II Disorder, major depressive episodes alternate with periods of:
- A. Hyperventilation
 - B. Hypomania
 - C. Hypothermia
 - D. Hypoxia
16. In Major Depression, which of the following is a significant neurotransmitter?
- A. Serotonin
 - B. Dopamine
 - C. Betacarotine
 - D. Acetylcholine
17. Lower levels of activation in the Prefrontal Cortex results in:
- A. Failure to regulate emotions
 - B. Deficit in the will to change
 - C. Failure to anticipate incentives

- D. Inability to understand the context of affective reactions
18. In depression deficits in Hippocampal function may result in:
- A. Deficit in the will to change
 - B. Failure to regulate emotions
 - C. The individual dissociating affective responses from their relevant contexts
 - D. Failure to anticipate incentives
19. In Major Depression, hippocampal abnormalities are regularly linked with which of the following?
- A. High levels of cortisol
 - B. High levels of dopamine
 - C. High levels of acetylcholine
 - D. High levels of GABA
20. The phenomenon in Schizophrenia, known as 'downward drift' means which of the following?
- A. Falling to the bottom of the social ladder
 - B. Become homeless
 - C. Inability to hold down a job
 - D. All of the above

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. State **Eight (8)** types of delusional disorders (**8 Marks**)
2. Outline the diagnostic criteria for Autism Spectrum Disorder (**6 Marks**)
3. Explain the emergency management of a suicidal patient admitted in the hospital (**8 Marks**)
4. Outline **Eight (8)** the neurovegetative signs and symptoms (**8 Marks**)

SECTION C: LONG ANSWER QUESTION (20 MARKS)

1. Discuss the Nursing management of a patient admitted in the psychiatric unit with Bipolar I disorder (manic phase) (10 Marks)
2. Highlight **Five (5)** models of psychopathology (**10 Marks**)