



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER AUGUST 2026 EXAMINATIONS**

COURSE CODE AND TITLE: BSN 322: Mental Health and Psychiatry Nursing

DATE: 4TH AUGUST 2026

Duration: 2 HOURS

Start: 9AM

Finish: 11AM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. 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. Which of the following best defines mental health according to WHO?
 - A. Absence of mental illness
 - B. Ability to cope with normal stresses of life and contribute to the community
 - C. Presence of stable mood at all times
 - D. Absence of stress and anxiety
2. A key feature distinguishing mental health from psychiatric illness is:
 - A. Psychiatric illness is transient while mental health is permanent
 - B. Psychiatric illness involves clinically significant disturbances in cognition, emotion, or behavior
 - C. Mental health is measurable, while psychiatric illness is not
 - D. Psychiatric illness always requires hospitalization
3. The mental health-illness continuum emphasizes that:
 - A. Mental health and illness are two separate states
 - B. An individual may move between levels of wellness and illness
 - C. Mental illness is irreversible
 - D. Mental health is static
4. According to the Criminal Procedure Code Sec. 162, if a person is found insane at the time of trial:
 - A. The trial proceeds as normal
 - B. The accused is detained in safe custody until fit to stand trial
 - C. The accused is executed immediately
 - D. The case is dismissed permanently
5. A mentally ill patient is restrained without justification. This violates which ethical principle?
 - A. Justice
 - B. Autonomy
 - C. Nonmaleficence
 - D. Veracity
6. Schizophrenia belongs to which category of disorders?
 - A. Neurodevelopmental disorders
 - B. Psychotic disorders
 - C. Mood disorders
 - D. anxiety disorders
7. A child presenting with deficits in social communication and restricted repetitive behaviors is most likely to have?
 - A. ADHD
 - B. Autism spectrum disorder

- C. Conduct disorder
- D. Oppositional defiant disorder

8. One of the following is NOT a neurocognitive disorder?

- A. Dementia
- B. Delirium
- C. Alzheimer's disease
- D. Cyclothymia

9. The most effective management approach for phobias is?

- A. Electroconvulsive therapy
- B. Exposure therapy (systematic desensitization)
- C. Cognitive restructuring
- D. Group psychotherapy

10. Electroconvulsive therapy (ECT) is most commonly indicated for?

- A. Mild anxiety
- B. Severe depression with suicidal risk
- C. Conduct disorder
- D. Substance abuse

11. Cognitive Behavioral Therapy (CBT) works by?

- A. Altering faulty thoughts and beliefs that influence behavior
- B. Exploring unconscious conflicts that influence behavior
- C. Enhancing social networks that influence behavior
- D. Using medication to stabilize mood

12. The first priority when managing a violent psychiatric patient is?

- A. Call security immediately
- B. Ensure safety of client and others
- C. Administer sedatives
- D. Begin counseling

13. Which drug is most commonly used in acute agitation?

- A. Haloperidol
- B. Lithium
- C. Fluoxetine
- D. Carbamazepine

14. Neuroleptic malignant syndrome is an emergency side effect of?

- A. Antidepressants
- B. Antipsychotics
- C. Mood stabilizers
- D. Benzodiazepines

15. The priority intervention for acute alcohol withdrawal with delirium tremens is:

- A. Haloperidol
- B. Lorazepam
- C. Fluoxetine
- D. Clozapine

16. Conduct disorder is characterized by:

- A. Withdrawal and fearfulness
- B. Persistent violation of rights of others and societal norms
- C. Inattention and hyperactivity
- D. Hallucinations and delusions

17. One of the following is a common complication of untreated childhood depression:

- A. Learning disabilities
- B. Suicide
- C. Autism spectrum disorder
- D. Schizophrenia

18. The primary focus of community mental health nursing is?

- A. Institutionalization
- B. Prevention and health promotion
- C. Exclusive pharmacologic management
- D. Seclusion and restraint use

19. A patient who derives sexual gratification from peep while others are having intercourse is?

- A. Voyeuristic disorder
- B. Exhibitionistic disorder
- C. Frotteuristic disorder
- D. Pedophilic disorder

20. When considering stigmatization, which statement made by the nurse demonstrates a need for immediate intervention by the nurse manager?

- A. "Depression seems to be a real problem among the teenage population."
- B. "My experience has been that the Irish have a problem with alcohol use."

- C. “Women are at greater risk for developing suicidal thoughts then acting on them.”
- D. We’ve admitted several military veterans with posttraumatic stress disorder this month.”

SECTION B SHORT ANSWER QUESTIONS 30 MARKS

1. Explain any three key roles and functions of a mental health nurse in promoting recovery and rehabilitation (6 marks)
2. State the 6 early Behaviors that are warning signs of schizophrenia (6marks)
3. Outline the steps taken by a nurse when faced with ethical dilemma in mental health (6 marks)
4. Outline 6 characteristics of catatonic excitement (6 marks)
5. Explain three Phases of Schizophrenia (6 marks)

SECTION C SHORT ANSWER QUESTIONS 20 MARKS

1. A patient presents with symptoms suggestive of schizophrenia. using Mental Status Assessment (MSA) Outline the assessment and finding you would assess on thought process, perception, appearance and psychomotor activates (20 marks)