



**AMREF INTERNATIONAL UNIVERSITY**  
**SCHOOL OF MEDICAL SCIENCES**  
**DEPARTMENT OF REHABILITATION MEDICINE**  
**BACHELOR OF SCIENCE IN PHYSIOTHERAPY**

**END OF TRIMESTER EXAMINATIONS SEPTEMBER TO DECEMBER 2025**

**UNIT CODE: PHT 331**

**UNIT NAME: Mental health**

**DATE: 3rd DECEMBER 2025 (Main exam)**

**TIME: 11.15am- 1.15pm**

**INSTRUCTIONS**

- 1. All students will have two (2) hours to complete the examination**
- 2. This is an online exam, Attempt all questions as per the instruction**
- 3. It is the student's responsibility to report any page and number missing in this paper.**
- 4. Check that the paper is complete**
- 5. Total number of pages is 9 including the cover.**
- 6. Read through the paper quickly before you start.**

**Section A Multiple choice question; Answer all the question (30 Marks)**

1) Which of the following is NOT true about ICD?

- a) Diagnose physical and mental illness
- b) Document causes, consequences, and clinical presentation of illness
- c) Provide prognosis for reimbursement
- d) Collect morbidity and mortality data

2) Section II of the DSM describes

- a) Diagnostic Criteria and Codes
- b) Measurement and trends
- c) Morbidity and Mortality
- d) Names of disorders

3) What are the determinants of mental health?

- a) Biological
- b) Psychological
- c) Social
- d) All of the above

4) The following are examples of genetic factors of mental health except?

- a) Adverse childhood experiences
- b) Hormones
- c) Toxins
- d) Nutrition

5) Brain stimulation therapies that stimulate the brain, such as repetitive transcranial magnetic stimulation and vagus nerve stimulation, may be beneficial for treating people with?

- a) Anxiety
- b) Schizophrenia

- c) Depression
- d) Panic attacks

6) Monoamine oxidase inhibitors are effective for the treatment of?

- a) Schizophrenia.
- b) Major depression.
- c) Obsessive compulsive disorder.
- d) Generalized anxiety disorder.

7) Which of the following possibilities makes email a useful adjunct to face to face consultation?

- a) Monitor treatment from a distance.
- b) Monitor behaviour daily.
- c) Intervene in a crisis.
- d) All of the above.

8) Continual professional development (CPD) demonstrates that a professional

- a) Relies on information from informal sources.
- b) Regularly updates their knowledge of recent developments in treatment techniques.
- c) Relies solely on research literature as a way of updating their therapeutic skills.
- d) Attends all therapeutic conferences.

9) Drugs called Benzodiazepines are used to treat:

- a) Depression.
- b) Anxiety disorders.
- c) Schizophrenia.
- d) Mood disorders

10) Which of the following is not an antidepressant drug?

- a) Tricyclic antidepressants.
- b) Monoamine oxidase inhibitors
- c) Selective serotonin reuptake inhibitors (SSRIs).
- d) Antinoamine reuptake inhibitor (ATRs).

11) Anxiolytic drugs are used to treat

- a) The symptoms of depression and mood disorder.
- b) The symptoms of anxiety and stress.
- c) The symptoms of psychosis and schizophrenia.
- d) None of the above.

12) What is a major side effect of Prozac?

- a) Loss of sexual desire.
- b) Loss of hair.
- c) Weight loss.
- d) Weight gain.

13) Antipsychotics do which of the following?

- a) Alleviate Major positive symptoms (such as thought disorder and hallucinations).
- b) Alleviate Major negative symptoms (such as social withdrawal).
- c) Reducing the burden of institutional care.
- d) All of the above.

14) People who take antipsychotics can experience.....sex drive or even problems in sexual functioning.

- a) Increased
- b) Decreased
- c) Both A and B
- d) None of the above

15) Which of the below side effects is common with antipsychotics?

- a) Dry mouth
- b) Drowsiness
- c) Muscle spasms
- d) Weight loss

16) What organization publishes the Diagnostic and Statistical Manual of Mental Disorders?

- a) American Psychological Association
- b) American Psychiatric Association
- c) WHO
- d) International Classification of Disorders

17) Which statement is true?

- a) Benzodiazepines work by decreasing GABA levels in the brain.
- b) Benzodiazepines work by releasing GABA levels in the brain.
- c) Benzodiazepines work by increasing GABA levels in the brain.
- d) Benzodiazepines work by suppressing GABA levels in the brain.

18) A person who is hearing voices that are not there is experiencing

- a) delusions.
- b) hallucinations.
- c) psychosis.
- d) schizophrenia.

19) A person who believes that the television news anchor is talking to him is suffering from

- a) hallucinations.
- b) delusions.
- c) catatonia.
- d) negative symptoms of schizophrenia.

20) Which of the following IS NOT considered biological risk for the onset of depression?

- a. Genetics
- b. Physical illness
- c. Smoking
- d. High sugar intake

21) Which of the following statement is true?

- a) 1 in every 4 people in the world live with a mental disorder
- b) 1 in every 8 people in the world live with a mental disorder
- c) 1 in every 3 people in the world live with a mental disorder
- d) 1 in every 6 people in the world live with a mental disorder

22) ..... can make previous mental health problems recur and trigger psychosis and schizophrenia.

- a) Khat
- b) Marijuana
- c) Cocaine
- d) Fizzy drinks

23) What is TRUE about the way depression develops?

- a. It is due to genetic risk activated in the presence of environmental adversity
- b. A lack of serotonin is the only cause of depression
- c. The genetic marker for depression has been clearly identified
- d. The serotonin transporter gene is the one most researched with evidence to support its role
- e. A and D

24) Which drug can make mental health issues worse, making you feel detached from your surroundings and cause flashbacks, which can be frightening or distressing?

- a) Hallucinogens
- b) Heroin
- c) Kuber
- d) Shisha

25) Atypical antipsychotics are medications used to treat

- a) Depression
- b) Schizophrenia
- c) Anxiety
- d) Bipolar

26) Mixing psychotropic drugs with alcohol can cause the following

- a) Balance
- b) Coordination
- c) Slow or stop breathing
- d) All of the above

27) Which of the following statement is true?

- a) Antipsychotic medication use in older adults with dementia-related psychosis can decrease the risk of death.
- b) Antipsychotic medication use in older adults with dementia-related psychosis can increase the risk of death.
- c) Antipsychotic medication use in older adults with dementia-related psychosis can increase the risk of diabetes.
- d) Antipsychotic medication use in older adults with dementia-related psychosis can increase the risk of alcohol use.

28) Which chemical messenger is both a neurotransmitter and a hormone?

- a) Norepinephrine
- b) GABA
- c) Amilase
- d) Serotonin

29) What is the criteria for determining that a person has a mental disorder?

- a) Abnormality
- b) Mal-adaptiveness
- c) Personal distress
- d) All of the above

30) Which statement describes mental health?

- a) Mental health is a state of mental wellness that helps people to manage disease stressors, realize their potential, learn and work effectively, and give back to their communities.
- b) Mental health is a state of mental wellness that helps people to manage normal parental stressors, realize their potential, learn and work effectively, and give back to their communities.
- c) Mental health is a state of mental wellness that helps people to manage normal life's stressors, realize their potential, learn and work effectively, and give back to their communities.
- d) Mental health is a state of mental illness that helps people to manage normal life's stressors, realize their potential, learn and work effectively, and give back to their communities.

**Section B: ANSWER ALL QUESTIONS - 20 MARKS**

- 1) Name the five main types of psychotropic medications (5Marks)
  
- 2) Write in full the following abbreviations and explain what they are used for;  
  
MAOIs, SNRIs, SSRIs (6 Marks)
  
- 3) Do you think antidepressants can worsen suicidal thoughts and behaviour in children and adolescents? Briefly explain your answer (2 Marks)
  
- 4) Ecstasy users can experience memory problems True or False (1 Mark)
  
- 5) Briefly explain the three main kinds of stress (3 marks)
  
- 6) Norepinephrine is also known as ..... (1 mark)
  
- 7) Distinguish between a disorder and a disease (2 marks)

**Section C: ANSWER YOUR BEST TWO QUESTIONS 20 MARKS – EACH QUESTION CARRIES 10 MARKS**

1)a) Define the term neuron (2 marks)

b) Discuss how psychotropic drugs work by adjusting levels of brain chemicals or neurotransmitters, such as: (8 Marks)

- i. Dopamine
- ii. Gamma-aminobutyric acid (GABA)
- iii. Norepinephrine
- iv. Serotonin

2. a) What are psychotropic medications? (1 Mark)

b) Describe using examples the three types of sleep problems (9 Marks)

3.a) Distinguish between symptom and syndrome? (2Marks)

b) Cultures may influence and contribute to the causation of mental illnesses. Discuss four ways in which culture can impact mental health (8 Marks)

4. Explain to a group of new students at AMIU the following:

a) The characteristics of fetal alcohol syndrome? (4 Marks)

b) Imagine that you have been invited to talk to a group of first years about body dysmorphic disorder, explain to them how it presents and how to manage it (6 Marks)

**END!**