



**AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
ADVANCED DIPLOMA IN APPLIED MENTAL HEALTH PRACTICE (ADAMHP)
END OF JANUARY/APRIL 2026 SEMESTER EXAMINATION**

COURSE CODE: ADMH 101:

COURSE TITLE: Psychopathology, Psychopharmacology & Practicum

DATE: THURSDAY, 16TH APRIL, 2026

TIME: 2 HOURS

START 4.00 P.M.

STOP 6.00 P.M.

Instructions

1. This exam is marked out of 60 marks
2. This examination comprises TWO Sections
Section A: Short Answer Questions (20 Marks)
Section B: Long Answer Questions and/or Case Scenarios (40 Marks)
3. This exam shall take 2 Hours
4. Write your University registration number on every booklet that you use
5. Do not write on the question paper. Use back of the answer booklet for rough work purposes
6. All questions are **compulsory**

Read carefully additional instructions preceding each section

SECTION A: SHORT ANSWER QUESTIONS (20 MARKS)

Answer ALL questions
(Each question carries 5 marks)

Question 1:

- a)
Explain TWO key historical reasons for the development of the DSM and THREE major changes introduced in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision compared to earlier editions. (5 marks)
- b)
Differentiate between primary psychiatric disorders and psychiatric disorders due to another medical condition, using ONE clinical example commonly encountered in African settings. (5 marks)
- c)
List FIVE principles of safe psychopharmacological prescribing in low-resource settings and briefly explain ONE reason why each principle is important. (5 marks)
- d)
Identify FIVE reasons why somatic presentations of mental illness are common in African primary care settings. (5 marks)

SECTION B: ESSAY QUESTIONS (40 MARKS)

Answer ALL questions

Question 2:

A 29-year-old woman presents to a district hospital with low mood, poor sleep, reduced appetite, fatigue, and poor concentration for 2 months. She is HIV-positive on ART and recently lost her job. She reports occasional alcohol use. No past psychiatric history.

- a) Discuss THREE purposes and TWO limitations of using the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision in diagnosing this patient in an African clinical context. (5 marks)
- b) Provide differential diagnosis with clinical reasoning for each of the following
 - i. Major Depressive Disorder (5 marks)
 - a. ONE reason to INCLUDE the diagnosis
 - b. ONE reason to RULE OUT or question the diagnosis

- ii. Adjustment Disorder with Depressed Mood (5 marks)
 - a. ONE reason to INCLUDE the diagnosis
 - b. ONE reason to RULE OUT or question the diagnosis
- iii. Depressive Disorder due to another medical condition (5 marks)
 - a. ONE reason to INCLUDE the diagnosis
 - b. ONE reason to RULE OUT or question the diagnosis

Question 3:

A 24-year-old man is brought to a county hospital by family with agitation, insomnia, grandiosity, rapid speech, and aggressive behaviour. He has been chewing khat daily and has not slept for 5 days.

- i. Discuss FOUR psychopharmacology principles guiding acute psychopharmacological management of this patient in a low-resource African setting, including
 - a) Choice of medication (2 marks)
 - b) Safety considerations (2 marks)
 - c) Monitoring requirements (2 marks)
 - d) Cost, availability and feasibility in a low-resource context (2 marks)
- ii. Regarding drug classes, uses, and monitoring, using examples commonly available in African public hospitals, discuss, TWO major drug classes used in acute mood or psychotic emergencies with an example of a specific drug in each class (4 marks)
- iii. For EACH drug class identified in the question 3 (ii), outline:
 - a) ONE clinical indication (2 marks)
 - b) TWO common side effects (4 marks)
 - c) ONE key monitoring parameter (2 marks)

THE END