



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCE
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF JANUARY-APRIL 2026 TRIMESTER EXAMINATIONS**

UNIT CODE: PHT 331 UNIT NAME: Mental Health (Main Exam)

DATE: 7th/ April/ 2026

TIME: TWO HOURS

START: 6:00PM STOP : 8:00PM

INSTRUCTIONS (Online examinations)

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

Section I. MCQs Answer all the questions

- Which model of abnormality explains behaviour as caused by illogical thinking?
 - Psychoanalytic
 - Cognitive
 - Behavioural
 - Biological
- The fact that the dissociative disorders seem to have a large element of repression in them is related to the _____ explanation of disorders.
 - Behavioural
 - Cognitive
 - Biological
 - psychoanalytic
- Suicidal tendency is most commonly seen with
 - Schizophrenia
 - Obsessive disorders
 - Mania
 - Depression
- The chief distinguishing feature of psychotic disorders is
 - Confusion of fantasy and reality
 - Antisocial conduct
 - Overwhelming anxiety
 - Obsessive behavior
- A common mental disorder afflicting 10-20 % of the population in Kenya is
 - Schizophrenia
 - Senile dementia
 - Depression
 - Delusional disorder
- Which of the following is one reason given that more women than men are treated for psychological problems?
 - Women are subject to greater stress than men
 - As a result of cultural norms, women may be more willing to admit distress
 - Some forms of mental distress are sex-linked recessive
 - Developmental tasks required of women are far more difficult than those required of men
- A rare condition in which separate personalities exist in the same person is called
 - A dissociative identity disorder
 - Split personality
 - Schizophrenia
 - amnesia
- The most severe psychological disorder is a(n)
 - personality disorder
 - psychosomatic illness
 - anxiety disorder
 - psychosis
- Mood disorders are those in which the person may
 - experience severe depression and threaten suicide
 - exhibit symptoms suggesting physical disease or injury but for which there is no identifiable cause
 - exhibit behavior that is the result of an organic brain pathology
 - experience delusions and hallucinations
- An unusual state called “waxy flexibility” is sometimes observed in _____ schizophrenia
 - Borderline
 - Disorganized

- C. Catatonic
D. paranoid
11. False beliefs that are held even when the facts contradict them are called
- A. fantasies
 - B. hallucinations
 - C. illusions
 - D. delusions
12. Psychological dependence on mood or behavior altering drugs is known as
- A. Drug psychosis
 - B. A substance use related disorder
 - C. An orthopsychosis
 - D. A psychotropic disorder
13. Hearing voices that are not really there would be called a(an)
- A. Hallucination
 - B. Delusion
 - C. Auditory regression
 - D. Depressive psychosis
14. Which of the following personality disorders describes a person who has an extremely unstable self image, is moody, and does not develop stable relationships?
- A. Borderline
 - B. Histrionic
 - C. Narcissistic
 - D. Schizoid
15. Analyzing the distinction between mental health and psychiatric illness, which statement best applies to a community health promotion program?
- A. Psychiatric illness is always chronic, while mental health focuses on temporary behaviors.
 - B. Mental health encompasses holistic well-being, whereas psychiatric illness targets diagnosable dysfunctions requiring medical intervention.
 - C. Both terms are interchangeable, emphasizing only biological causes.
 - D. Mental health excludes behavioral aspects, limiting it to emotional stability.
16. When analyzing family and household problems as causes of mental disorders, which dynamic most likely contributes to intergenerational transmission of anxiety in a Kenyan household?
- A. Stable economic conditions overriding parental modeling of avoidance behaviors.
 - B. Parents exhibiting high conflict and overprotectiveness, fostering learned helplessness in children.
 - C. Equal distribution of chores eliminating any stress-related interactions.
 - D. Frequent relocations strengthening family resilience against anxiety.
17. In examining cultural influences on mental health problems, which example best shows how stigma in some African societies delays help-seeking for psychiatric illness?
- A. Cultural acceptance of spiritual healers as primary care, integrating mental health seamlessly.
 - B. Attribution of symptoms to supernatural causes, leading to avoidance of biomedical treatment.
 - C. Promotion of communal rituals that directly reduce prevalence rates.
 - D. Uniform cultural narratives encouraging early disclosure of vulnerabilities.
18. When assessing depression outcomes in the context of co-morbid conditions, which interaction heightens the risk of functional impairment?
- A. Depression alongside substance use disorder, compounding cognitive and motivational deficits.
 - B. Depression co-occurring with well-managed hypertension, showing no synergy.
 - C. Mild depression offset by physical exercise alone.
 - D. Depression in isolation, resolving faster than with other factors.
19. Which of the following best defines mental health?

- A. A condition of completes physical illness
 - B. A state of well-being where an individual realizes their abilities and can cope with normal life stresses
 - C. The absence of mental illness
 - D. The ability to perform daily activities well.
 - E.
20. Carlo wakes up in strange hotel room, he does not know where he is or how he got there and he is not sure what day it is. This is most likely an episode of dissociative
- A. Amnesia
 - B. Fugue
 - C. Identity disorder
 - D. Multiple personality

Section B. ANSWER ALL THE QUESTIONS

- i.** Define the term “comorbidity” in relation to mental health. (2 marks)
- ii.** State four components of positive Psychological capital. (4 marks)
- iii.** Outline five ways in which substance use impact on the mental health of an individual. (4 marks)
- iv.** Outline five ways of promoting your psychological and emotional well being. (5 mark)
- v.** Identify two ways in which youth unemployment affect the well-being of the youth. (2 marks)
- vi.** Describe three warning signs that may indicate suicidal ideations in an individual. (3 marks)
- vii.** Identify five barriers to access of mental health services in Kenya. (5 marks)
- viii.** Highlight five possible outcomes associated with untreated mental health conditions. (5 marks)

Section C. LONG STRUCTURED QUESTION. ANSWER ALL THE QUESTIONS

- I.** Zara, a 32-year-old accountant has been experiencing symptoms of major depressive disorder for the past several months. She has been struggling with persistent feelings of sadness, loss of interest in activities she once enjoyed, fatigue and difficulty concentrating at work. Discuss five risk factors that may have contributed to the development of Zara’s state of poor mental health. (10 marks)
- II.** Describe five initiatives aimed at improving mental health in your local community. (10 marks)