



AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES  
End of May-August-2025 Semester Examination

Course code: ADMHP 102

Title: Assessment in Mental Health and Practicum

Date: 12th August 2025

Duration: 2 HOURS

START: 4:00 PM

FINISH: 6:00 PM

INSTRUCTIONS

- 1.) This exam is out of 60 marks
- 2) This Examination comprises TWO Sections. Section I: Multiple Choice Questions (20 marks)  
Section 2: Answer any ALL Questions (40 marks)
- 3.) Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

**Section A: Multiple Choice Questions**

**Total :20 Marks**

**Instructions:** Answer all questions

1. Psychological assessment is
  - a) A branch of psychology used to treat people
  - b) A tool to build rapport
  - c) A process used to reach a diagnosis
  - d) A way to make money as a psychologist
  
2. The Diagnostic statistical manual is
  - a) A tool used to enable one reach the appropriate treatment
  - b) A tool for used for reference in the process of reaching diagnosis of mental health disorder
  - c) Used by doctors to treat patients
  - d) Helps us build rapport
  
- 3) The omission of corroborative history may result in
  - a) In difficulty in confirming diagnosis
  - b) In obtaining a complete picture of the issues presented by the client
  - c) In difficulty for the clinician to remain relevant
  - d) Increase in therapy sessions
  
- 4). A 16-year-old girl has been brought in for assessment by the school. She tells you she is having suicidal thoughts and does not want you to tell her parents. In upholding trust of your client and keeping the therapeutic alliance what action would be the best to undertake?

- a) Agree with the child's wishes and remain silence
- b) Refer client to another psychologist
- c) Tell parent to watch the child
- d) Gently explain to the client why it would be important for the parent to know

5) Below are different forms of intelligence except one which one is it ?.

- a) Kinesthetic
- b) Linguistic
- c) Intrapersonal
- d) Judgment

6) A 47-year-old father, recently received a promotion to a high level job out of the country away from the family. Has been reported to display the following signs over the last 3months. Easily angered, not eating much, loss of weight, disturbed sleep patterns, poor concentration. Which condition do you suspect he could be experiencing?

- a) Burnout
- b) Anxiety
- c) Depression
- d) Fatigue

7. A class teacher complains to the principle about a difficult child she has in her class.

This child has constantly been on the noise making list, answers questions without waiting their turn, wants to go to the toilet about three times within 40 minutes, often forgets his school books at home.He however excelling in football, rounder's, swimming and tennis. What would be the most appropriate diagnosis for this child?

- a) Adjustment disorder

- b) Attention deficit hyperactive disorder
  - c) Depression
  - d) Autism
- 8) The Wechsler intelligence scales is used to assess
- a) Cognitive bias
  - b) mental fitness
  - c) Intelligence
  - e) Mental clarity
- 9) A man presenting with bipolar mood disorder would have the following symptoms except
- a) Being quite
  - b) Excitement
  - c) Delusions
  - d) Flight of ideas
- 10) Which symptom is said to be present when one has an Anxiety disorder?
- a) Suppressed mood
  - b) Politeness
  - c) Agitation
  - d) Racing thoughts
- 11) An offender was sent to you to assess after he stole a car and was arrested. One evaluating him. There seems to be a history of manipulative behavior in different contexts, abuse of different substance in the course of his life, physical and emotional; abuse of those close to him, expulsion from different institutions of learning, inability to keep a job, obtaining money from different parties in a fraudulent manner. Which

personality disorder do you suspect he may have?

- a) Conduct disorder
- b) Narcissistic personality disorder
- c) Histrionic personality disorder
- d) Antisocial personality disorder

12. Which of the following is the best modality of treatment for A 31-year-old lady who Is recently diagnosed with Schizophrenia.

- a) Medication and therapy
- b) Prayer
- c) Mindfulness therapy
- d) Balanced diet

13). A child has been presenting with clingy behavior, fear of being left alone, constant worry regarding everything, fear of being separated from parents, refusal to sleep in his room. Which disorder may the child have?

- a) Ptsd
- b) Separation anxiety
- c) OCD
- d) Postpartum depression

14. A 50-year-old lady has been diagnosed with adhd and ocd what is a term that would best fit the diagnosis.

- a) Adjacent diagnosis
- b) Mixed diagnosis
- c) Comorbidity
- d) combined diagnosis

15. Which disorder below is present from the early years of a child's development
- a) Schizophrenia
  - b) Major depressive disorder
  - c) Autism
  - d) Post-partum depression
- 16) Which symptom is often present when one undergoes withdrawal from alcohol addiction
- a) Tremors
  - b) Nose bleeding
  - c) Headache
  - d) Increased sleep
- 17) Which is the most appropriate tool for the assessment of anxiety disorder?
- a) PHQ9
  - b) BDI
  - c) GAD7
  - d) PCL5
- 18) Which of the following is not a reason for writing a psychological report
- a) To convince a client to continue therapy
  - b) To enable the insurance make payment
  - c) To allow a child receive placement in school
  - d) To enable a worker receive support from the employer
- 19) Which type of client is not mentally fit to have a history intake administered during the

first two sessions of commencement of therapy.

- a) One who is affectively intoxicated
- b) One who is psychotic
- c) One who is unable to understand your language
- d) One who is depressed.

20) Which of the following does not result from social support

- a) Treatment adherence
- b) Adequate recovery
- c) Rigid thinking
- d) Reduction in self stigma

**SECTION B:** Answer all the questions.

**Total: 40 Marks**

22. a) Briefly explain what aspects that need to be considered when choosing a diagnostic tool.

(10 marks)

b) Briefly describe three different reasons people/organizations carry out psychological assessments. (6 marks)

b) Explain why it is necessary to carry out a mental status exam. (4marks)

23. a). Define the term psychological assessment (4 marks)

b). A psychologist wishes to carry out a psychological assessment of a patient they suspect to have depression. Write the steps they would be required to follow to be able to properly diagnosis the client (16 marks)