



AMREF INTERNATIONAL UNIVERSITY
University Examinations
School of Medical Sciences
Department of Nursing and Midwifery Sciences
End of January -April 2025 Semester Examination
Advanced Diploma in Applied Mental Health Practice

COURSE TITLE AND COURSE CODE: ADMH105: Research Methods in Mental Health

DATE: 9th APRIL 2025

Duration: 2 HOURS

Start: 4:30 PM

Finish: 6:30 PM

INSTRUCTIONS

1. Write your University registration number on every booklet that you use
2. This exam is out of 60 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. _____ is the research step which is completed first.
 - A. Formulation of research question
 - B. Determining the population
 - C. Identification of a problem
 - D. Literature review
2. In research, a variable that is presumed to cause a change in another variable is called:
 - A. Dependent variable
 - B. Intervening variable
 - C. Independent variable
 - D. Categorical variable
3. _____ statement best describes qualitative research.
 - A. It focuses on understanding subjective experiences and meanings.
 - B. It aims to quantify data and analyze statistical relationships.
 - C. It seeks to establish cause-and-effect relationships.
 - D. It uses closed ended questions and interviews
4. A statement of the expected relationship between two or more variables is known as the
 - A. Problem statement
 - B. Concept definition
 - C. Hypothesis
 - D. Research question
5. Snapshot of population at a point of time is _____.
 - A. Case report
 - B. Cross-sectional
 - C. Cohort
 - D. Quassi
6. The variable being tested & measured in a scientific experiment is:
 - A. Dependent
 - B. Independent
 - C. Control
 - D. Intervening
7. The experimental study is based on:
 - A. The manipulation of variables
 - B. Conceptual parameters
 - C. Replication of research
 - D. Survey of literature
8. _____ is a non-probability sampling method.
 - A. Cluster sampling
 - B. Quota sampling
 - C. Systematic sampling

- D. Stratified random sampling
9. On the basis of information sought there are 2 types of research which are:
- A. Exploratory research & explanatory research
 - B. Descriptive research & correlation research
 - C. Qualitative research & quantitative research
 - D. Basic research & applied research
10. A systematic study directed toward greater knowledge or understanding of the fundamental aspects of phenomena is called:
- A. Applied research
 - B. basic research
 - C. explanatory
 - D. qualitative
11. The scientific study and research that seeks to solve practical problem is:
- A. Basic research
 - B. applied research
 - C. explanatory research
 - D. descriptive research
12. Research undertaken for knowledge sake is
- A. Pure Research
 - B. Action Research
 - C. Pilot study
 - D. Survey
13. Research conducted to find solution for an immediate problem is referred to as:
- A. Fundamental Research
 - B. Analytical Research
 - C. Survey
 - D. Action Research
14. The variable is changed & controlled in a scientific experiment is:
- A. Dependent
 - B. Control
 - C. Intervening
 - D. Independent
15. A study design aiming at determining the prevalence of a condition is:
- A. Experimental
 - B. Cross-sectional
 - C. Case-control
 - D. Cohort
16. A study in which a group of subjects with the disease and group of subjects without the disease are identified. select the correct study design:
- A. Experimental

- B. Cross-sectional
 - C. Case-control
 - D. Cohort
17. Quantitative research is a process to
- A. Describe lived experiences of people
 - B. Develop theories and hypothesis
 - C. Evaluate theories and hypothesis
 - D. Obtain feelings and beliefs of the people
18. A Mental health practitioner wants to study the effectiveness of meditation on people with anxiety disorder. Identify the variable would be most relevant to explore in the literature on this topic.
- A. Use of meditation during childbirth.
 - B. Meditation techniques found to be effective.
 - C. Pain management for people with anxiety disorders.
 - D. Outcomes of meditation when used by elderly populations.
19. The statement which is most accurate regarding hypotheses is:
- A. Hypothesis operationally defines the dependent variables.
 - B. Hypotheses are statements about the relationships among variables.
 - C. Hypotheses describe the effect of the dependent variable on the independent variable.
 - D. Hypotheses must include a definition of the treatment or intervention used.
20. No examination of association between exposure & health outcome, select the correct study design:
- A. Analytical
 - B. Descriptive
 - C. Interventional
 - D. Experimental

SECTION II: SHORT ANSWER QUESTIONS (20 MARKS)

- 21. Explain four (4) differences between quantitative and qualitative research methods (8 marks).
- 22. State four (4) importance of research in the field of Mental Health (4 marks).
- 23. Outline four (4) ethical rules in medical research (4 marks).
- 24. A study was performed to evaluate the effectiveness of music therapy on relieving anxiety among psychiatric patients with Bipolar disorder.
 - a. Formulate the broad objective for the above research topic (2 marks).
 - b. State the independent and dependent variables of the above research topic (2 marks)

SECTION III: LONG ANSWER QUESTIONS (20 MARKS)

- 25. Relapsing among psychiatric patients with depression is a common public health problem in Kenya.
 - a. Formulate a research topic for the above problem statement (3 marks).

- b. Develop four (4) specific research objectives from the above problem statement (8 marks).
- c. Describe the conceptual framework for this study (5 marks).
- d. Rationalize the appropriate research design of this study (4 marks).

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