



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES  
KENYA REGISTERED COMMUNITY HEALTH NURSING  
End Semester Examinations**

**COURSE CODE AND TITLE: DNS 312: Mental Health And Psychiatric Nursing**

**DATE: 17-4-2025**

**TIME: 2 HOURS**

**Start: 2:00PM**

**Finish: 4:00PM**

**INSTRUCTIONS**

- 1. This exam will be marked out of 70 Marks**
- 2. ALL Questions are compulsory.**
- 3. The Examination has Three Sections: Section I- Multiple Choice Questions, Section II: Short Answer Questions, Section III: Long Essay Questions**
- 4. Answer all Questions in the ANSWER BOOKLET provided**
- 5. Do not write anything on the question paper**
- 6. Use the back of your booklet for rough work if need be.**

**SECTION 1: MULTIPLE CHOICE QUESTIONS      20 MARKS**

1. The following is a positive sign in symptoms of schizophrenia:-
  - A. Delusion
  - B. Anhedonia
  - C. Apathy
  - D. Mutism
2. The following is a type of hallucination :-
  - A. Erotomantic
  - B. Referential
  - C. Gustatory
  - D. Tangential
3. The neurotransmitter is implicated in the neurobiology of schizophrenia is:-
  - A. GABA
  - B. Glutamate
  - C. Norepinephrine
  - D. Acetylcholine
4. In patients with obsessive-compulsive disorder (OCD), compulsions are performed to:
  - A. Increase pleasure.
  - B. Gain attention from others.
  - C. Reduce anxiety.
  - D. Avoid social interactions.
5. The type of psychiatric admission indicated for 14 year old patient in acute psychotic episode is likely to be :-
  - A. Involuntary
  - B. Emergency
  - C. Voluntary
  - D. Both Voluntary/Involuntary
6. The best psychotherapy management for Phobias is:-
  - A. Psychoanalysis
  - B. Electroconvulsive therapy
  - C. Exposure therapy
  - D. Interpersonal therapy
7. The most likely diagnosis for a client presenting for the first time with hallucinations and delusions that have lasted a week and no prior history of a mood disorder; medical conditions or history of substance misuse is:-
  - A. schizophrenia
  - B. schizoaffective disorder
  - C. Brief psychotic disorder
  - D. catatonia
8. The following medications is commonly used to treat bipolar disorder:-

- A. Fluoxetine
  - B. Lithium carbonate
  - C. Haloperidol
  - D. Clozapine
9. What is the primary goal of cognitive-behavioral therapy (CBT)?
- A. To explore childhood experiences
  - B. To modify dysfunctional thoughts and behaviors
  - C. To encourage medication adherence
  - D. To address relationship conflicts
10. The extrapyramidal side effects characterised by restlessness is known as
- A. Akathisia
  - B. Pseudo-parkinsonism
  - C. Neuroleptic Malignant Syndrome
  - D. Tardive Dyskinesia
11. A delusion characterised by a false belief of an intimate partner having affairs is known as
- A. Grandiose
  - B. Persecutory
  - C. Jealous
  - D. Erotomaniac
12. The following is a key component of therapeutic communication:-
- A. Giving advice
  - B. Active listening
  - C. Interrupting to provide feedback
  - D. Maintaining a rigid stance
13. The following is an example of a somatic symptom disorder:-
- A. Schizophrenia
  - B. Illness anxiety disorder
  - C. Generalized anxiety disorder
  - D. Obsessive-compulsive disorder
14. The most appropriate pharmacologic agents to be used for treatment of a generalized anxiety disorder (GAD) treatment, would be:-
- A. Antipsychotics
  - B. Benzodiazepines
  - C. Stimulants
  - D. Beta-blockers
15. The priority nursing action for a patient with depression who reports suicidal ideation is:-
- A. Refer the patient to a psychiatrist.
  - B. Ask about the patient's specific suicide plan.
  - C. Provide reassurance that things will improve.
  - D. Document the patient's thoughts for the medical record.

16. The following is not an offence under mental health act:-
- Forgery of documents.
  - Assisting patients to escape.
  - Giving of false statements by medical practitioners.
  - Allocating patients to assist in manual work at the unit.
17. The following is a component of the mental status assessment:
- Concentration.
  - Personal history.
  - Premorbid history.
  - Social history
18. The following represents possible contributory factors to mental illness:
- Genetic, biological, psychosocial, traditional beliefs.
  - Cross infection, black magic, inheritance, drugs.
  - Traditional beliefs, genetic, contamination, infections.
  - Drugs, socialization, genetic, biological.
19. The following is a FALSE statement on the roles of a nurse in promotion, prevention, rehabilitation and change of attitude towards the mentally ill in the community:
- Follow up of the out patients.
  - Preparation of family members to receive back the patient on discharge.
  - Health education at community forums.
  - Waits to receive complaints from staff under him/her, patients and community members so as to take action as the officer in-charge
20. The following represent common side effects of typical antipsychotic drugs:
- Oculogyric crisis, tremors, blurred vision, low libido.
  - Relaxed muscles, rigidity, high IQ, tremors.
  - Constipation, high libido, tremors, blurred vision.
  - Low IQ, oculogyric crisis, constipation, tremors

### **SECTION II : SHORT ANSWER QUESTIONS (30 MARKS)**

- State five (5) Roles and functions of Mental Health Nurse. (5 Marks)
- State five characteristics of a Mentally healthy Person (5 Marks)
- Describe five (5) components of pre procedural patient preparation for Electroconvulsive Therapy ( 5 Marks)
- Describe the two (2) classification of Mental Disorders ( 4 Marks)
- Discuss three (3) classes of antidepressants. (6 Marks)
- Outline the sequential components of a mental status assessment ( 5 Marks)

### **SECTION III: LONG ANSWER QUESTION (20 MARKS)**

- Mrs. Smith is brought to the hospital by the husband and one adult daughter and admitted in a Mental Health Unit with signs and symptoms of Mania in Bipolar disorder.

- a). State six (6) signs and symptoms of Manic phase, in Bipolar disorder. (6 Marks)
- b). Name the type of admission and the legal forms used to admit her. (2 Marks)
- c) Develop Nursing care plan for the client with bipolar disorder. ( 12 Marks)

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