

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER 2007-2008

TITLE : MENTAL HEALTH PROBLRMS AND SOCIETY I

COURSE : NUR 552

DURATION : TWO (2) HOURS

MARKS : 75

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EXTERNAL EXAMINER: PROF. R. M. GANGA-LIMANDO

- INSTRUCTIONS:
1. ANSWER ALL QUESTIONS
 2. EACH QUESTION CARRIES 25 MARKS

Question 1

Multiple choice questions. Select the answer that best answers each of the following questions e.g.
50=p

1. The main difference between a psychotic and neurotic behaviour is that clients experiencing psychosis
 - a) Are aware of possible psychological causes
 - b) Are aware that their behaviour is disruptive
 - c) Experience loss of contact with reality
 - d) Experience a great deal of distress

2. Which of the following statements about tardive dyskinesia is true?
 - a) It is a rare side effect of psychotropic drugs
 - b) It may occur after long-term use of psychotropic drugs
 - c) It usually appears within hours after psychotropic drug administration
 - d) It is usually reversible

3. Which of the following individuals is at highest risk for suicide
 - a) Muzi, age 30, divorced, works as a nurse
 - b) Nomsa, age 45, married, housewife
 - c) Vusi, age 15, diagnosed with conduct disorder
 - d) Musa, age 80, depressed from recent death of wife

4. Which of the following statements by an alcoholic would be an indication of the use of the defence mechanism of rationalization
 - a) "I drink so that I can put up with my wife's nagging"
 - b) "My father drank all his life and he did okay"
 - c) "I am not an alcoholic. I only drink on weekends"
 - d) "I can quit drinking anytime I want to"

5. Which of the following would the nurse expect as the least likely reason for using defense mechanisms
 - a) Protection of self-esteem
 - b) Reducing anxiety
 - c) Resolution of mental conflicts
 - d) Improve insight

6. The nurse expects a client exhibiting flight of ideas to do which of the following?
 - a) Coin new words or combinations of several words
 - b) Talk excessively while frequently shifting from one idea to another
 - c) Provide excessive detail that delays stating a point
 - d) Make sudden stops in the flow of conversation

7. A DSM IV-TR diagnosis of antisocial personality disorder would be recorded on which of the following diagnostic axes?
- Axis I
 - Axis II
 - Axis III
 - Axis IV
8. Absence or near absence of any signs of affective response is an example of
- Blunted affect
 - Labile affect
 - Flat affect
 - Restricted affect
9. Symbolic satisfaction of wishes through non-rational thought best describes the defense mechanism
- Denial
 - Fantasy
 - Rationalization
 - Displacement
10. The most commonly found affect in schizophrenic patients is one of
- Anger and hostility
 - Happiness and elation
 - Apathy and flatness
 - Euphoria and expansiveness
11. Denial, projection and rationalization are examples of disturbances in
- Association
 - Reality testing
 - Thought content
 - Thought process
12. An individual with an anxiety disorder usually handles the anxiety **in all but one** of the following ways
- Acting out anxiety with antisocial behaviour
 - Converting anxiety into a physical symptom
 - Displacing anxiety onto less threatening objects
 - Regressing to earlier levels of adjustment
13. A patient with obsessive-compulsive behaviour can best be treated by
- Calling attention to the behaviour
 - Restricting his movements
 - Supporting him but limiting the behaviour
 - Keeping him busy to distract him
 - e)

14. A patient with an antisocial personality disorder
- Suffers from a great deal of anxiety
 - Is generally unable to postpone gratification
 - Has a sense of great responsibility towards others
 - Rapidly learns by experience and punishment
15. An extrapyramidal symptom that is a potentially irreversible side effect of antipsychotic drugs is
- Oculogyric crisis
 - Torticollis
 - Tardive dyskinesia
 - Akinesia
16. For patients with alcoholism the primary rehabilitator is the
- Patient
 - Nurse
 - Psychiatrist
 - Entire health Team
17. Groups such as Alcoholics Anonymous help people with a drinking problem because in a group the person learns that
- He does not need a crutch
 - His problems are caused by alcohol
 - People stand stronger together
 - His problems are not unique
18. Photosensitization is a side effect associated with the use of
- Lithium carbonate
 - Chlorpromazine
 - Thioridazine
 - Methylphenidate hydrochloride
19. Mr. Mwali, a 39-year old hyperactive elated patient exhibiting flight of ideas is not eating. The nurse recognizes that this may be because he
- Feels that he does not deserve food
 - Believes that he does not need food
 - Wishes to avoid other patients in the dining room
 - Is so busy that he does not take time to eat
20. Observation is an important aspect of nursing care. It is especially important in the care of the withdrawn patient because it
- Tells the staff how ill the patient is
 - Indicates the degree of psychic depression
 - Helps in understanding the patient's feelings
 - Is useful in making a diagnosis

21. A functional mental disorder is one where
- Genes carry the factor for the mental disorder
 - The brain itself undergoes actual physical change that produces the symptoms of the mental disorder
 - The brain itself undergoes no actual physical change but its operation is disturbed
 - The individual is predisposed to the mental disorder because of poor housing and living conditions during childhood
22. A phobic reaction rarely occurs unless the person
- Thinks about the feared object
 - Introjects the feared object into his body
 - Absolves the guilt of the feared object
 - Comes into contact with the feared object
23. A person with antisocial personality disorder has difficulty relating to others because of never having learned to
- Count on others
 - Empathize with others
 - Be dependent on others
 - Communicate with others socially
24. Physical exercise may elevate the mood and promote relaxation by
- Stimulating secretion of dopamine in the brain
 - Stimulating the release of endorphins into the blood stream
 - Stimulating the sympathetic nervous system
 - Decreasing the basal metabolic rate
25. The development of special feelings about each other by both the client and the nurse indicates the establishment of
- Sympathy
 - Empathy
 - Confidence
 - Rapport

TOTAL: 25

Question 2

- a) Nkinki, a 22-year old, was walking home from work one evening when a group of young men wearing baraclavas pounced on her and repeatedly raped her. Nkinki has now been diagnosed to be suffering from Rape Trauma Syndrome.
- What are characteristic features of rape trauma syndrome? (4)
 - How would you manage Nkinki? (11)
- b) Outline the mental health ill-effects of male rape experience on the male survivor. (10)

TOTAL: 25

Question 3

- a) Fufu, a 17-year old, is brought to the psychiatric facility by his parents. They complain that Fufu has changed. His appearance and behaviour have markedly changed. At first the parents thought he had started taking drugs but when checked there was no evidence of substance use. Fufu has no friends, he laughs and talks inappropriately. Parents further report that Fufu had become eccentric in his dress and mannerisms over the last few months and had stopped going to school. He neglects his personal hygiene. Fufu's younger siblings are now ashamed to bring friends to their home because Fufu acts strangely, uses bad language, masturbates in public and talks about receiving messages through the television set. Yesterday Fufu was found picking through neighbours garbage, taking empty cans and storing them in his clothing. His speech has recently consisted of a string of words that were unrelated—he seems to be speaking nonsense.

What psychiatric disorder is Fufu suffering from? Motivate your answer (15)

- b) Momo is admitted following a road traffic accident in which he sustained a fracture of the right lower leg 48 hours ago. Otherwise Momo does not seem to have suffered any more injuries. Momo tells the nurse that he is generally an alcohol drinker and the hospitalization is depriving him of his drinks. A few hours later, Momo complains of a severe headache and the nurse observes that he is sweating profusely and has tremours. He then starts shouting that snakes are all over his bed wanting to bite him. Two hours later he develops a grand-mal fit and on recovering from the fit Momo exhibits severe memory disturbances and becomes agitated.
- (i) What is probably wrong with Momo? Justify your answer. (4)
- (ii) Discuss the nursing management Momo will require. (6)

TOTAL: 25