

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
BACHELR OF NURSING YEAR 5 HEALTH SCIENCES**

**FINAL EXAMINATION PAPER: 2008**

**TITLE OF PAPER: TREATMENT MODALITIES FOR MENTAL  
HEALTH PROBLEMS 1.**

**COURSE CODE : NUR 554**

**DURATION : 2 HOURS**

**MARKS ALLOCATION: 75**

**INSTRUCTIONS**

**: THIS PAPER CONSISTS OF THREE  
QUESTIONS.  
ANSWER ALL QUESTIONS.  
DO NOT OPEN THIS PAPER UNTIL  
TOLD TO DO SO.**

### **QUESTION 1**

Cognition, Behaviour and Affection are important key elements of psychotherapy. These components can be used during psychotherapy process. Discuss the importance of following in psychotherapy:

- 1.-1 Cognition (10).
- 2.-1 Behaviour (10)
- 3.-1 Affection (5)

**[25 marks]**

### **QUESTION 2**

Sometimes a client may be attended or have vast experience in psychotherapy from a number of psychotherapists. In this case the client tends to experience the who, how, whom factor. In your understanding discuss the importance of the who, how, whom factor in psychotherapy.

- a) Who factor (10).
- b) How factor (10).
- c) Whom factor (5).

**[25 marks]**

### **QUESTION 3**

Inferiority feelings as a life style may lead to self-defeating behaviours in individuals. Using the concept of the five parts of an individual discuss the evidence of inferiority complex that may act as stumbling blocks in a psychotherapeutic process.

**[25 marks]**