

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION PAPER 2009-2010**

**TITLE : MENTAL HEALTH PROBLEMS AND SOCIETY II**

**COURSE : NUR 553**

**DURATION : TWO (2) HOURS**

**MARKS : 75**

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

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**Question 1.**

**Multiple choice questions.** Select the response that best answers each of the following questions and indicate your chosen answer by writing the letter preceding the response next to the question number e.g. 60=f. (1 mark each).

1. A domestic violence perpetrator's sense of entitlement will not include:
  - a) an expectation that his partner will not challenge his opinion
  - b) an expectation of authority over his partner
  - c) a gender-based assumption of superiority
  - d) an attempt to compensate for poor self-image.
  
2. A disadvantage of providing programmes for perpetrators without adequate support for their partners is that:
  - a) she may return to or stay in a dangerous relationship because he is in a programme
  - b) he will misinform her about the programme in ways that undermine her
  - c) she will not be able to support him in the changes he is trying to make
  - d) an opportunity to increase her safety will have been missed.
  
3. The least reason why group work is preferred for perpetrators is because:
  - a) it reduces their isolation
  - b) the public acknowledgement of their private abuse reduces their denial
  - c) groups enable deconstruction of socially constructed attitudes towards domestic violence
  - d) groups enable maximisation of support systems.
  
4. Which of the following actions can help stop child abuse and neglect?
  - a) Helping a stressed-out parent by baby-sitting, making a meal for their family or lending an understanding ear.
  - b) Learning the signs and symptoms of child abuse so you can recognize them when you see the "red flags."
  - c) Reporting known or suspected child abuse to the police or local child protective services agency.
  - d) All of the above
  
5. A 28-year-old woman visits a family planning clinic and during interaction with the nurse reveals that her husband has frequently hit her when she visits friends or family members he does not like. Which intervention would be a priority?

- a) Encouraging the client to leave her husband before the situation becomes worse
  - b) Providing the client with information about domestic violence and community resources
  - c) Instructing the client to talk about her feelings to her husband
  - d) Telling the client about the importance of obtaining marital counselling as soon as possible
6. People who have experienced disasters require crisis intervention. In crisis intervention the goal of treatment is
- a) Restore the client to previous level of functioning
  - b) Establish a basis for the client's further therapy
  - c) Resolve pre-existing conflicts stemming from the client's childhood
  - d) Bring alterations in the client's personality
7. Nurses who assist victims of a disaster may experience vicarious traumatization. Which of these interventions is indicated for nurses and other disaster workers who experience vicarious traumatization?
- a) High-dose anxiolytic therapy
  - b) Twelve-step , self-help group
  - c) Critical incident stress debriefing
  - d) Long-term group psychotherapy
8. A nurse is working in an in-patient mental health unit when a client approaches the nurse and shouts "If you don't give me some medication right now, I'm going to kill you". The nurse's action should be based on which of these understandings about threats of violence?
- a) They are made to attract attention
  - b) Hey should be met with confrontation
  - c) They are attempts to challenge authority figures
  - d) They should be taken seriously.
9. The human immunodeficiency virus first enters the brain and spinal cord of an infected person at what point in the infectious process?
- a) Almost immediately when the primary infection occurs
  - b) During the early symptomatic stage of HIV infection
  - c) At the time the acquired immune deficiency syndrome is diagnosed
  - d) During the final stage of HIV infection or full blown AIDS
10. Which of the following is not a sign of child neglect?
- a) Failure to provide a clean, safe home
  - b) Making sure the child attends school regularly
  - c) Lack of appropriate supervision
  - d) Withholding love and affection
11. One factor contributing to an increase in poverty is structural unemployment. This occurs when:

- a) Workers' skills don't match those demanded by employers
  - b) Demand for mental labour is low
  - c) Jobs in the manufacturing sector decline more than 12%
  - d) Jobs in the service sector pay more than core industrial jobs
12. Which nursing diagnosis would be most appropriate for an adult who has admitted to abusing an elderly dependent parent
- a) Anxiety
  - b) Ineffective role performance
  - c) Caregiver role strain
  - d) Ineffective coping
13. Which of the following would the nurse interpret as most indicative of child abuse
- a) Complaints of abdominal pain not accompanied by fever
  - b) Bruises on face and back in various stages of healing
  - c) Symptoms of dehydration after an episode of diarrhoea and vomiting
  - d) Elevated temperature unexplained by physical symptoms present
14. Myopathy in HIV disease is characterized by all the following **except**
- a) Muscular pain
  - b) Proximal muscle weakness
  - c) Pathologic changes in the spinal cord
  - d) It is more common in adults
15. Benefits to the patient of an effective ART programme will **not** include
- a) Immune system recovery
  - b) Increase in CD<sub>4</sub> count
  - c) Fewer opportunistic infections
  - d) Increased viral replication
16. The antiretroviral drug that may cause birth defects in children of women who may fall pregnant is
- a) Efavirenz
  - b) Nevirapine
  - c) Lamivudine
  - d) Stavudine
17. On holidays, a client with a chronic mental health disorder tends to decompensate and become symptomatic. Which of these approaches would be most appropriate to help the client cope with holidays
- a) Increased dosage of psychotropic medication
  - b) Cognitive skills training
  - c) Brief hospitalization
  - d) Stress management skills training
18. The nurse should assess clients who are infected with HIV for early signs of AIDS dementia complex, which include

- a) Visual disturbances
- b) Difficulty learning new information
- c) Language skills deficits
- d) A confused mental state

19. The following is true about a crisis of disaster

- a) It is unplanned and accidental
- b) It is often unanticipated
- c) It occurs throughout life
- d) All of the above

20. Anger and aggression are preceded by feelings of

- a) Vulnerability
- b) Depression
- c) Elation
- d) Isolation

21. The nurse should be aware that children in which of these age groups are at risk for battered child syndrome?

- a) Three years of age and younger
- b) Four to six years
- c) Seven to nine years
- d) Ten years of age or older

22. The correct legal definition of a refugee is

- a) anyone who has applied for asylum
- b) anyone who is thinking of applying for asylum
- c) someone who has been granted exceptional leave to remain in the host country
- d) someone who has been granted a refugee status by the host government

23. Exile-related stressors may be

- a) more powerful than events before exile
- b) less powerful than events before exile
- c) equally powerful than events prior to flight
- d) irrelevant

24. A refugee who is emotionally disturbed because they have experienced intense fear and worry is likely to present with the following EXCEPT

- a) easily frightened by loud noises or sudden sounds
- b) fear of leaving home or being in public places
- c) a terrible fear of common objects or situations
- d) forgetting things easily

25. The public assistance program that provides monthly cash payments to the needy elderly, blind and disabled is called
- a) Temporary Assistance to Needy Families
  - b) Food Stamps
  - c) Social Security
  - d) Supplemental Security Income

**Question 2**

Discuss the ways in which poverty and unemployment cause and contribute to the aetiology of mental health problems in society. (25)

TOTAL = 25

**Question 3**

- a) Outline the negative mental health impacts of teenage pregnancy on the family. (9)
- b) In what ways have the impacts of AIDS contributed to mental health problems in Swaziland. (10)
- c) How would you intervene in a situation where an elderly person is a victim of material exploitation (6)

TOTAL = 25