

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
CERTIFICATE IN COMMUNITY MENTAL HEALTH**

**FINAL EXAMINATION PAPER 2010**

**TITLE OF PAPER : COMMUNITY MENTAL HEALTH 1**

**COURSE CODE : NUR 321**

**TIME ALLOCATION : 2 HOURS**

**MARKS ALLOCATION: 75**

**INSTRUCTIONS : THIS PAPER CONSISTS OF THREE  
QUESTIONS.  
ANSWER THREE QUESTIONS.**

**DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.**

1.2 Patients can be admitted into the psychiatric centre through voluntary and involuntary admission. In your own opinions clearly indicate what is meant by the statement in (a), (b) and (c) below.

a) Advantages of voluntary admission to the patient. **(10 marks)**

c) Voluntary admission. **(5 marks)**

**[25 marks]**

## **QUESTION 2**

Primary mental health care requires that services are adequately accessible, affordable and acceptable to consumers. The Government of Swaziland, in fulfilling this requirement has ordered that all departments be decentralized. However, mental health services are not decentralised in the program. Discuss five professional setbacks caused by non-decentralisation of mental health services in Swaziland.

**[25 marks]**

## **QUESTION 3**

The proper counselling, adequate promotion of mental health and promotion of positive cultural values may help to reduce the number of HIV positive individuals in Swaziland. Discuss how proper counselling, promotion of mental health and positive culture can help to reduce HIV in Swaziland.

a) Adequate counselling **(10 marks).**

b) Promotion of mental health **(10 marks).**

c) Promotion of positive culture **(5 marks).**

## QUESTION 1

1.1 Match the following defence mechanisms bellow against their definitions by writing the letter of the definition against the number of the defence mechanism, (for example 1=x). Please note that this part is (10 marks)

DEFENCE MECHANISM	DEFINITION
1. Sublimation 2. Altruism 3. Humour 4. Suppression 5. Anticipation. 6. Dissociation 7. Reaction information. 8. displacement. 9. Repression. 10. Fantasy.	A. Semi-conscious way to fulfil wishes that can not be gratified in reality. B. Getting rid of threatening thoughts or motives. C. Feelings transferred from one objects or person to another safer object or person. D. Defending self from unacceptable urges by overtly taking the diametrically opposite stance. E. Modification of one's sense of identity in order to deal with stress. F. Realistic planning for future discomfort. G. Conscious or semi-conscious decision to post-poner thinking about something for a time but to remember to confront and handle later. H. Overt expression of feelings in a way that mask the discomfort and pain of the feelings and makes it possible talk about things that would be otherwise too painfull. I. Gaining gratification by being of genuine service to others and thereby getting satisfaction from the fact they are benefiting. J. Needs that are unacceptable according to society's standards are gratified in a way that is socially acceptable.