



**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
CERTIFICATE IN COMMUNITY MENTAL HEALTHY
NURSING SCIENCE
FINAL EXAMINATION PAPER DECEMBER: 2011**

**TITLE OF PAPER: COMMUNITY MENTAL HEALTHY
NURSING SCIENCE 1.**

COURSE CODE : NUR 321

TIME ALLOCATION : 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

This question consists of two sections. Answer all the questions in the two sections.

SECTION A: Chose the correct option from the options provided and write the answer against the number, e.g. 100=A

1. One of the following options is a characteristic of mental health services during middle ages.
 - a) Mentally disordered persons were excluded from society.
 - b) Were treated in psychiatric hospitals.
 - c) Were given drugs in their respective homes
 - d) None of the above.

2. The theories that were advanced during the middle ages:
 - a) Were those of psychotherapy.
 - b) Were those of medical science.
 - c) Were those of demonic possession.
 - d) Were those of post modern psychology.

3. One of the prominent activities of psychiatric nursing between 1936 and 1945 is that:
 - a) Patients were removed from prisons.
 - b) Nursing schools provided psychiatric nursing causes.
 - c) Patients were provided with psychotherapy.
 - d) None of the above

4. Mental health history helps psychiatric nurses to:
 - a) Understand issues of the medical model.
 - b) Understand issues that relate to the development of the profession.
 - c) Understand the reasons for the development of psychiatric disorders
 - d) Develop both positive and negative professional attitudes.

5. One of the following statements is true about mental health.
 - a) The accepting of self and others.
 - b) Feels somehow inadequate.
 - c) Having negative attitudes towards those that hate mental health.
 - d) Getting position one in your class.

6. Hallucinations are:
 - a) Disorders of perceptions.
 - b) Disorders of cognition.
 - c) Disorders of bodily systems.
 - d) Disorders of psychosocial part,

7. One of the following options influences mental health:
- a) Life circumstances.
 - b) Spiritual growth.
 - c) Emotional development.
 - d) Thought content.
8. Promotion of mental health is important because:
- a) Mental disorders are difficult to treat.
 - b) Mental disorders can be cured through the promotion of mental health.
 - c) It is about the cognitive part of personality.
 - d) The spiritual dimension is difficult to understand.
9. One of the following is a characteristic of mental disorders.
- a) Able to solve problems.
 - b) Inability to perceive reality.
 - c) Ability to delay immediate gratification.
 - d) Super cognition due to delusions.
10. The concept of holistic mental health promotion is about:
- a) Adequate physical rehabilitation.
 - b) Spiritual development of personality.
 - c) Empowering personality in terms of the five dimensions.
 - d) None of the above.
11. A complete definition of mental health should include:
- a) Observations that relate to external environment.
 - b) Observations that relate to internal environment.
 - c) Observations that relate to external and internal environmental issues.
 - d) None of the above
12. The best strategies for mental health promotion are found in:
- a) Tertiary level of primary mental health care.
 - b) Primary level of primary mental health care.
 - c) Both secondary and tertiary levels of primary mental health care.
 - d) In all the levels of primary mental health care.
13. Factors affecting mental health can be:
- a) Intrapersonal.
 - b) Interpersonal.
 - c) Intra and inter personal.
 - d) None of the above.

14. The best strategy in mental health promotion is:
- a) Designing mental health promotion strategies for individuals.
 - b) Performing the activities that promote individuals.
 - c) Teaching individuals theories of mental health promotion.
 - d) Empowering individuals to be able to decide for themselves.
15. What is most difficult about holistic approach in mental health promotion is:
- a) The science of intra-personal.
 - b) The science of interpersonal.
 - c) Intrapersonal and interpersonal science.
 - d) None of the above
16. Science of intrapersonal in mental health promotion refers to:
- a) Activities between two parts at a time.
 - b) Activities between and among the parts sometimes at the same time.
 - c) Activities among the actively involved parts of personality.
 - d) Stimuli that are directed to a certain part of personality.
17. One of the following statements is definition of mental health by America Psychiatric Association:
- a) Simultaneous success at work.
 - b) Being an eloquent speaker.
 - c) Being committed to God.
 - d) Showing good behaviour to other people.
18. According to the Menninger Foundation, emotional maturity refers to:
- a) Capacity to adapt to change.
 - b) Laughing when the situation allows one to do so.
 - c) Crying only when faced with a serious situation.
 - d) None of the above.
19. One of the statements bellow is a misconception about mental disorders:
- a) Internal forces are responsible for abnormal behaviour.
 - b) External forces are responsible for abnormal behaviour.
 - c) External and internal forces are responsible for abnormal behaviour.
 - d) None of the above.
20. One of the statements below is an example of **cliché** conversation in mental health.
- a) Talk to you later.
 - b) How do you feel about the weather today?
 - c) Do you think you will come to work tomorrow?

- d) I think I am satisfied with what you have said, unless you have something pressing to tell me.

SECTION B: State whether each statement is true or false below by writing your response in the form of F or T against the number of the question, e.g. 85=T

21. The historical trend of the psychiatric nursing profession is not helpful for understanding the psychiatric nursing profession.
22. Visiting of patients by relatives is more of a social responsibility that does not enhance patient's recovery.
23. Promoting of the physical part of an individual is enough to promote the individual as a whole.
24. The components of patterns of fulfilling physical needs include exercise, Thinking and sleeping.
25. Allowing everyone involved in the freedom to develop as a person and have enough rest is patterns of building relationships.
26. The statement "**alcohol abuse is a serious problem**" is a cognitive response in mental health.
27. Rehabilitation in primary mental health care is not limited to physical disability.
28. Tears production when someone is emotionally stimulated is a sign of the seriousness of the problem she/he faced with.
29. The reason for failure to conduct mental health talks for pregnant women is because mental health promotion is significant post delivery.
30. The inadequacy in initiating group activities is an example of patterns of participation in group and community life.
31. A leader in mental health is a person who makes sure that plans are executed, work is done, tasks are completed and deadlines are met.
32. During school health programmes, mental health promotion should concentrate on the physical part of personality because this part is extremely essential than the other parts at this tender age.
33. Promotion of mental health become difficult if one does not understand the relationship between intra and interpersonal science.
34. Individuals with mental disorders deserve not to be handled with tender care because they are violent with irrational behaviour.
35. Fears about the mentally disordered patients are a serious attitude problem than a reality.
36. Individuals trained in mental health/psychiatric nursing do not fear the mentally disordered because they are naturally brave and cannot be easily moved.
37. One way to understand mental health/psychiatric nursing is reading mental health theories more than the practices.
38. In mental health fraud committing is a sign of being intelligent because of the strategies that are usually employed.
39. Mental health problems are causes of mental disorders.
40. It is important that mental health talks are conducted for members of the public to minimize the occurrence of mental disorders.

41. Someone that build relationships on the pretence of prosperity, may end up being depressed and committing suicide.
42. The understanding and adequate analysis of self is the key weapon in surviving mental health problems in the external environment.
43. The immunisation of children against some diseases is very important because it also helps to instil morale in children.
44. The increase in criminal tendencies in societies among other things indicates the lack of holistic promotion of mental health of individuals.
45. Defining mental health may be difficult and tedious because of the concept of holism internally and externally.
46. Mental health advocacy is a professional demand that need professionals who are professionally patriotic.
47. Psychiatric disorders consist of normal and abnormal psychology by classification.
48. The orphans and vulnerable children are in danger of the mental health problems, more so, because they have since lost the holistic being and can easily break mentally.
49. The central professional responsibility for psychiatric nurses is to work very hard and unilaterally prevent mental disorders development among individuals.
50. Loving, encouraging, teaching and motivating are a mix of mental and emotional strategies in mental health promotion.

QUESTION 2

There seems to be a number of mental health problems that pose a serious danger and challenges against the development of mental health of children. Discuss how primary mental health care and tertiary prevention could become solutions in minimising the consequences of such problems to children's life.

1.1. Primary mental health promotion.

(10 marks).

1.2. Tertiary prevention

(5 marks).

[15 marks]

QUESTION 3

Mental health professionals can play a major role in strengthening mental health services. How would the following factors bellow influence the improvement of mental health services in Swaziland?

2.1. Proper education

(5 marks).

2.2. Commitment to quality mental health services rendering

(5 marks).

[10 marks]