

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
DIPLOMA IN GENERAL NURSING**

**FINAL EXAMINATION PAPER 2013**

**TITLE OF PAPER: INTRODUCTION TO MENTAL HEALTH  
NURSING**

**COURSE CODE : CMH 307**

**MARKS ALLOCATION: 75**

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

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

This question consist of section **A** and **B**. Answer all questions in the two sections.

Indicate whether each statement bellow is true or false by writing either T OR F against the number, e.g. 76 =T

1. Pre-conceptual promotion of mental health is not important for a couple.
2. Mental health problems are not common during pregnancy.
3. Mental health problems are not necessarily causes of mental disorders.
4. Mental disorders may also be referred to as personality disorders
5. Self-awareness, personal growth and interpersonal communication are major dynamics in the development of emotional maturity and mental health.
6. Maturing during childhood due to parental guidance affects the development of mental health.
7. Mental illnesses are referred to as mental disorders.
8. Mental illnesses are found in the physical part of personality.
9. The pieces of information in the mental history of the client are not issues of the five parts of the individual.
10. The illusions are thought content of personality.
11. Cognitive disorganization is part of the symptom of mental disorders.
12. The concept of holistic approach in psychiatric nursing denotes that the parts make the whole.
13. The behaviour of a mentally disordered individual is the exaggeration of certain behaviours of personality in the normal world.
14. The concept of psychiatric nursing is synonymous to abnormal psychology.
15. Delusions are part of the cognition of personality.
16. The senses of the physical part of personality are not associated and are not related to hallucination.
17. In psychiatric nursing, the nursing diagnosis is similar to medial diagnosis.
18. Mental disorders are only a problem of people in poverty.
19. Thought content in psychiatric nursing is the same as thought process.

20. Mood in mental disorders means the same thing as affect.
21. Learning disorders among other things in children could be caused by lack of parental motivation.
22. In mental disorders, the mood of the patient expresses the affect.
23. History taking is the component of the mental status examination.
24. The chief complaint of the patient is about the past psychiatric history of the patient.
25. It is important that <sup>people with</sup> personality disorders are hospitalised because these are serious conditions in psychiatry.
26. Diagnostic criteria guide the psychiatric nurse to properly identify the nursing diagnosis.
27. Medical diagnosis in psychiatric nursing is done only by the psychiatrist.
28. Effort should always be made to prevent mental disorders because these are difficult to cure.
29. Diagnostic criteria consist of clinical symptoms in mental disorders.
30. Hallucinations are not part of perceptions.
31. Hallucinations, delusions and illusions are all components of disordered cognition.

**SECTION B:** Chose the correct option for each question in this section e. g. 85=a

32. One of the following options is a component of the DSM IV
- a) Personality disorders and retardation.
  - b) Review of systems.
  - c) Objective history taking.
  - d) Social history.
33. The main reason for not making beds in a psychiatric hospital is because:
- e) The nurses are lazy
  - f) There is a lot of work that the nurses do.
  - g) Patients are supposed to make their own beds so they become responsible.
  - h) Bed making is not important in a mental hospital.
34. Most people are afraid of working in mental hospital because:
- e) It is not enjoyable to work at a mental hospital.
  - f) There too many demons flying around the hospital.
  - g) These people have misconceptions about mental disorders.
  - h) They do not have mental disorders in their families.

35) Depression is a condition that relates more to:

- e) Emotional part of personality.
- f) Cognitive part of personality
- g) Physical part of personality
- h) Spiritual part of personality.

36) Suicidal ideas are common in:

- e) Schizophrenia
- f) Hysteria
- g) Alcohol psychosis
- h) Depression

37) Chemotherapy is similar to:

- e) Psychotherapy
- f) group therapy
- g) Drug therapy
- h) Occupational therapy

38) One of the following statements is a mental health problem.

- e) Loving someone
- f) Insulting a boss at work
- g) Poverty
- h) Hard work.

39) Depressed patients usually commit suicide when:

- e) Are still severely depressed.
- f) Thought to have improved and recovered.
- g) Relatives do not visit the patients.
- h) Has not been started on treatment.

40) According to the causes of mental disorders:

- e) Not everybody can become mentally disordered.
- f) Only those poor can become mental disordered.
- g) Everybody can become mentally disordered.
- h) None of the above.

41) The concept psychiatric nursing in simple terms relates to:

- e) abnormal psychology
- f) Normal psychology
- g) Physical caring.
- h) Psychosocial caring.

- 42) Studying psychiatric nursing makes the learner to:
- e) Become mentally disordered.
  - f) Better understand him/herself and others
  - g) Become cognitively redundant
  - h) Cognitively impaired.
- 43) Treatment of psychiatric disorders in mental health is referred to as:
- e) Secondary prevention in primary mental health care.
  - f) Primary prevention in primary mental health care.
  - g) Both primary and secondary prevention in primary mental health care.
  - h) None of the above
- 44) Complete and comprehensive professional team for therapeutic services in psychiatric hospital should consist of:
- e) Psychiatrist, psychologist, psychiatric nurse and occupational therapist.
  - f) Psychiatrist, psychologist, mental health social worker, psychiatric nurse and occupational therapist.
  - g) Psychologist, mental health social worker, psychiatric nurse and occupational therapist.
  - h) None of the above
- 45) The concept of none holistic approach in mental health of individuals among other things provides that:
- e) The parts organize the whole.
  - f) The whole is bigger than the parts.
  - g) Chemotherapy is central in the successful treatment of disorders,
  - h) None of the above.
- 46) Developing of a mental disorder among other things may be due to:
- e) Unsuccessful dealing with environmental stressors.
  - f) Tolerance against environmental stressors.
  - g) Ignorance of environmental stressors.
  - h) None of the above,
- 47) The greatest resistance against mental break down is:
- e) Positive self concept and relating well with other people and their environment.
  - f) Avoiding to talk about mental disorders.
  - g) Understanding of some mental disorders
  - h) Being indifferent towards mental disorders
- 48) Orientation in patient assessment is about:
- e) Insight and judgement

- f) Delusion and illusions
- g) Mood and affect
- h) Knowing time, place and person.

49) Testing memory in patients' assessment includes:

- e) Remembering issues of long term only.
- f) Remembering issues of long term and short term.
- g) Being able to state the thought content.
- h) Remembering delusions that the patient is pre-occupied with.

50) Hallucinations are defined as:

- e) Fixed false beliefs.
- f) Fixed false perceptions.
- g) Fixed false cognitions.
- h) None of the above

## **QUESTION 2**

Certain factors are potential to cause mental disorders in society. Discuss three of these factors that you think could cause mental disorders.

**[15 marks]**

## **QUESTION 3**

The physical part of personality consists of the five senses. Discuss how these senses are essential in understanding mental disorders. Two points and marks for each part

**[10 marks]**