

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER DECEMBER 2015

TITLE : INTRODUCTION TO MENTAL HEALTH/PSYCHIATRIC NURSING

COURSE : CMH307

DURATION : TWO (2) HOURS

MARKS : 75

- INSTRUCTIONS:**
- 1. ANSWER ALL QUESTIONS**
 - 2. EACH QUESTION CARRIES MARKS AS INDICATED AT THE END OF EACH QUESTION**
 - 3. TOTAL MARKS FOR THE EXAMINATION ARE 75**
 - 3. NO PAPER SHOULD BE BROUGHT INTO NOR OUT OF THE EXAMINATION ROOM**
 - 4. BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER**

DO NOT OPEN THIS QUESTION PAPER UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR

QUESTION 1.

Multiple choice questions.

Select the response that best answers each of the following questions and indicate your answer by writing the letter preceding the correct response next to the question asked (e.g., 99 = t). (1 mark each)

1. In which of these situations is the nurse involved in primary prevention of mental disorders?
 - a) Teaching parenting classes to adolescent primiparas
 - b) Providing crisis intervention services to flood victims
 - c) Conducting social skills training for clients with chronic schizophrenia
 - d) Serving as a case manager elderly clients with diabetes

2. Which of the following statements about causation of mental illness would a nurse identify as incorrect?
 - a) Life circumstances can influence one's mental health from birth
 - b) The inability to deal with environmental stressors can result in mental illness
 - c) Mental health is influenced relationships between persons who either love or refuse to love one another
 - d) Inherited characteristics exert minimal to no influence on one's mental health

3. Which behavioral clue would the nurse identify as suggestive of suicide?
 - a) Joking about stressful situations
 - b) Verbalizing feelings of hopelessness and helplessness about problems
 - c) Engaging in week-end drinking episodes
 - d) Seeking help for symptoms of depression

4. Which of the following would constitute a significant risk factor for development of psychiatric disorder in a child?
 - a) Childhood obesity
 - b) Early onset of puberty
 - c) Poor school achievement
 - d) Parental mental illness

5. Which symptom would the nurse expect to assess related to anger in a client diagnosed with borderline personality disorder?
 - a) Controlled, subtle anger
 - b) Inappropriate, intense anger
 - c) Inability to recognize anger
 - d) Substitution of physical symptoms for anger

6. When administering the neuroleptic haloperidol to a client, the nurse understands that it is decreasing the amounts of which neurotransmitter?
 - a) Acetylcholine
 - b) Dopamine
 - c) Serotonin
 - d) Histamine
7. A client receiving the neuroleptic medication chlorpromazine exhibits excessive drooling and fine hand tremors. Which medication would the nurse expect the physician to order?
 - a) Benztropine
 - b) Acetaminophen
 - c) Lorazepam
 - d) Imipramine
8. The nurse advises the client taking lithium carbonate to do which of the following to prevent toxic effects of lithium?
 - a) Monitor for increased temperature
 - b) Establish a schedule of regular sleep
 - c) Avoid foods high in tyramine
 - d) Maintain adequate sodium and water intake
9. The nurse instructs a client receiving the MAOI agent phenelzine about dietary restrictions for foods high in tyramine to prevent which adverse effect?
 - a) Gastrointestinal upset
 - b) Neuromuscular effects
 - c) Urinary retention
 - d) Hypertensive crisis
10. Clinical symptoms likely to be present in a client with a phobic disorder include
 - a) Persistent obsessive thoughts
 - b) Re-experience of feelings associated with traumatic events
 - c) Fear and avoidance of specific situations or places
 - d) Unrealistic worry about a number of events in one's life
11. Mvemve has been diagnosed with schizotypal personality disorder. Which of the following would describe Mvemve's behaviour?
 - a) Attention-seeking, seductive and overly gregarious
 - b) Hypervigilant, suspicious and intimidating
 - c) Submissive and clinging, with fears of separation
 - d) Aloof and isolated with magical thinking and ideas of reference.
12. A client diagnosed with depression tells the nurse that she will not allow herself to cry "because it upsets the whole family when I cry." This is an example of

- a) Manipulation
 - b) Insight
 - c) Repression
 - d) Rationalisation
13. Bipolar I disorder is characterized by
- a) Mania and at least one episode of depression
 - b) Hypomania and severe depression
 - c) Less severe form of depression lasting at least two years
 - d) Severe depression lasting at least two weeks
14. Sibobo has intense irrational fear of speaking in front of his classmates and meeting students from other classes. He is likely having.
- a) Agoraphobia with panic attacks
 - b) Agoraphobia without panic attacks
 - c) Social phobia
 - d) Specific phobia
15. It is often an excess of ----- that underlies ----- and a deficiency of ----- that underlies -----.
- a) Serotonin; depression; dopamine; schizophrenia spectrum disorders
 - b) Dopamine; schizophrenia spectrum disorders; serotonin; depression
 - c) Serotonin; schizophrenia spectrum disorders; dopamine; depression
 - d) Dopamine; depression; serotonin; schizophrenia spectrum disorders
16. Cyclothymia is characterised by
- a) Hypomania and severe depression
 - b) Hypomania and low-level depression
 - c) Severe depression lasting at least two weeks
 - d) Less severe depression lasting at least two years.
17. To be classified as a major depressive episode, depression must last for a period of
- a) Two weeks
 - b) Three months
 - c) Six months
 - d) Two years
18. ----- disorders are characterized by delusions, hallucinations and social withdrawal.
- a) Somatoform
 - b) Personality
 - c) Psychotic
 - d) Anxiety

19. Patients with a delusional disorder may require which type of medication to stabilise aggressive behavioural disturbances?
- Sedative-hypnotics
 - Neuroleptics
 - Antidepressants
 - Antiparkinsonism agents
20. Craving and eating of nonfood substances such as soil and chalk seen in some patients is called
- Pica
 - Polyphagia
 - Binge eating
 - Anorexia nervosa
21. In order to counteract side effects of the medication Chlorpromazine, a client must be given a(n) -----drug
- Anxiolytic
 - Cholinergic
 - Anticholinergic
 - Antipsychotic
22. The following are clinical features of mania EXCEPT
- An elevated mood
 - Pressure of speech
 - Disorientation
 - Delusions of grandeur
23. An exaggerated concern with one's self image especially with personal appearance that amounts to psychiatric symptoms is called
- Narcissism
 - Obsession
 - Compulsion
 - Histrionics
24. Criteria for diagnosing anorexia nervosa include all the following EXCEPT
- Amenorrhoea
 - Intense fear of becoming too thin
 - Feels fat even when emaciated
 - Body weight 15% below expected
25. Substances with a high potential for abuse and no accepted medical use belong to
- Schedule IV
 - Schedule III
 - Schedule II

d) Schedule I

TOTAL = 25

Question 2.

Match the description in column A with the appropriate terminology in column B (e.g., 25 =R)
(1 mark each)

Column A	Column B
1. Characterised by a mood disturbance between hypomania and mild depression	A. Social phobia
2. Characterised by deceitfulness including lying and conning others for personal gain	B. Anorexia nervosa
3. The person uses physical appearance to draw attention to self.	C. Avoidant personality disorder
4. The person is preoccupied with doubts about the loyalty or trustworthiness of friends or associates.	D. Bipolar II disorder
5. Characterised by mood swings between mania and severe depression	E. Hypomania
6. A milder form of depression.	F. Cyclothymia
7. Characterised by intense fear of gaining weight even though underweight	G. Bipolar I disorder
8. Believes he is special and can only be understood by people who are of his high status	H. Dysthymia
9. Characterised by impulsivity in activities that are potentially self-damaging	I. Bulimia nervosa
10. Preoccupied with being criticized or rejected in social situations	J. Antisocial personality disorder
	K. Histrionic personality disorder
	L. Avoidant personality disorder
	M. Narcissistic personality disorder
	N. Borderline personality disorder
	O. Paranoid personality disorder

TOTAL = 10

Question 3

- a) Clinical symptoms of mania (7)
b) Oppositional-defiant disorder (8)

TOTAL= 15

Question 4.

Mcebo, a 15-year old, has dropped out of school because of having failed Form I because he hardly went to school in that year. He passed Grade 7 with a First class, examinations for which he wrote while in jail having stolen a cell phone and money from his caretaker aunt and breaking into a neighbour's house where he stole a DVD player and CDs. Family members no longer want him because he steals anything and everything that is valuable and denies when confronted. He has been to Mdutjane Juvenile Correctional Centre where he served a 9-month sentence but he has not improved. Mcebo's mother died when he was 9 years and his alcoholic father died 4 years later. He and his siblings were then taken care of by his aunt.

Mcebo can never tell the truth and always gets money from unsuspecting neighbours under the pretext that there is no food at home. Younger children are afraid of him because he beats them and takes away whatever they have that he wants.

What is probably wrong with Mcebo? Justify your answer. (25)

TOTAL = 25