

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
BACHELR OF NURSING SCIENCE YEAR 5**

**FINAL EXAMINATION PAPER 2015**

**TITLE OF PAPER: TREATMENT AND MANAGEMENT  
MODALITIES FOR MENTAL  
HEALTH PROBLEMS**

**COURSE CODE : NUR 554**

**MARKS ALLOCATION: 75**

**TIME ALOCATION : 2 HOURS**

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

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

### **QUESTION 1**

Cognition, Behaviour and Affection are important key elements of psychotherapy. These components can be used during psychotherapy process. Discuss how cognition, behaviour and affective become essential in psychotherapy.

- a) Cognition (10 marks).
- b) Behaviour (10 marks).
- c) Affection (5 marks).

### **QUESTION 2**

Inferiority feelings as a life style may lead to self-defeating behaviours in individuals. Using the concept of the five parts of an individual discuss the evidence of inferiority complex that may act as stumbling blocks in a psychotherapeutic process. Please note that there is five (5 marks) for each part.

### **QUESTION 3**

Due to frequent attachment psychotherapeutic interventions, sometimes clients may develop some vast experience in psychotherapy from a number of psychotherapists. In this case the client may end up experiencing the who, how and whom factor. In your understanding and relying on your knowledge in psychotherapy, discuss the importance of the who, how and whom Factor in psychotherapy.

- a) Who factor (10 marks).
- b) How factor (10 marks).
- c) Whom factor (5 marks).