

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
BACHELOR OF NURSING SCIENCE YEAR 4
SUPPLEMENTARY EXAMINATION PAPER JULY 2018**

**TITLE OF PAPER : INTRODUCTION TO
PSYCHOTHERAPY**

COURSE CODE : CMH 402

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

There seems to be a number of mental health problems that cause some setbacks in the promotion of mental health of children in Swaziland. Discuss how the three mental health problems bellow disturb the promotion of mental health of children in Swaziland.

- a) Lack of mental health policy (10 marks).
- b) Lack of family guidance (10 marks)
- c) Mental health stigma (5marks)

[25 marks]

QUESTION 2

The psychiatric/mental health program can only be saved by the mental health professionals from collapsing. They have the power to do so. Discuss how professionals in psychiatric nursing could revive the mental health profession through:

- a) Proper education (10 marks).
- b) Advocacy (10 marks).
- c) Commitment to quality mental health service rendering (5 marks).

[25 marks]

QUESTION 3

Sport related activities more especially football attracts a lot of spectators. Hence, sports activities can be used to spread information about HIV and AIDS prevention and control. Discuss how (a) reduction of drug use or abuse during sports (b) Close monitoring of sports activities among the youth and (c) instillation of responsibility and accountability among football players could reduce cases increase in HIV and AIDS.

- a) Reduction of drug abuse in sports (10 marks).
- b) Instillation of responsibility and accountability among football players (10 marks).
- c) Close monitoring of sports activities among youth players. (5 marks)

[25 marks]