



**UNIVERSITY OF ESWATINI**  
**INSTITUTUE OF POST GRADUATE STUDIES**  
**MNSc FNP**

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**FINAL EXAMINATION: NOVEMBER 2021**

**TITLE OF PAPER:** COMMON MENTAL HEALTH DISORDERS  
IN CHILDREN AND ADULTS

**COURSE CODE:** GNS622

**DUARATION:** 3 HOURS

**TOTAL MARKS:** 100

**INSTRUCTIONS:**

- READ THE QUESTIONS AND INSTRUCTIONS CAREFULLY
- ANSWER ALL THE QUESTIONS
- THE PAPER CONSISTS 4 QUESTIONS
- BEGIN EACH QUESTION ON A NEW PAGE
- NO. OF PAGES: 9, INCLUDING THE COVER PAGE

**DO NOT OPEN THE QUESTION PAPER UNTIL INSTRUCTED BY THE  
INVIGILATOR**

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**QUESTION 1****[25 marks]**

Select the most appropriate response:

1. Laura's husband died 3 years ago but she is still depressed. Her therapist suggests that she is still angry at her husband and her father for abandoning her. The therapist's interpretation reflects the \_\_\_\_\_ perspective.
  - A. Humanistic
  - B. Behavioural
  - C. Biological
  - D. Psychoanalytic
  
2. Nozwelakhe is suffering from eating disorders. As an FNP, which of these antidepressants is contraindicated as it can cause seizures?
  - A. Bupropion
  - B. Amitriptyline
  - C. Prozac
  - D. Celexa
  
3. Musi is on antipsychotic meds and his wife brings him to your clinic reporting that he has started to uncontrollable pucker his lips and sticking out or chewing his tongue without intention. Your likely diagnosis is:
  - A. Tardive Dystonia
  - B. Tardive dyskinesia
  - C. Facial paresis
  - D. Transient Ischemic Attack (TIA)
  
4. Nomalanga is preoccupied with getting sick. She has visited your clinic 6 times this month because she believes she has caught the Covid 19, as she reports chest pains, shortness of breath, palpitations and fever (but temperature check reveals normal vital signs). The appropriate description of Nomalanga's behaviour is:
  - A. Paranoid Schizophrenia
  - B. Depression
  - C. Hypochondriasis
  - D. Hypervigilant

5. The following are anticholinergic effects of tricyclic antidepressants except for:
- A. Akathisia
  - B. Dry mouth
  - C. Constipation
  - D. Sexual dysfunction
6. In psychiatry, mood and affect are often depicted as :
- A. Weather and climate, respectively
  - B. Climate and weather, respectively
  - C. Climate and cyclone respectively
  - D. Cyclone and weather, respectively.
7. Disruptive Mood dysregulation disorder is only diagnosed in:
- A. Male children
  - B. Teenagers
  - C. Adults
  - D. Children aged 6-18 years
8. To avoid serotonin syndrome when switching a patient on Prozac to a MAOI, its advisable:
- A. To wait for 5 weeks to allow the drug to washout of the system, its half life is long.
  - B. To wait for 2 weeks, Prozac wears off within 2 weeks.
  - C. Make the change without any waiting period, Prozac is instantly washed off after withdrawal
  - D. Wait for at least 5 months. Prozac lingers and one can be sure it is cleared off the system after 5 months.
9. Biological and somatic treatment for severe and refractory depression where seizure is induced in an anesthetized patient, I am playing an electric current to the head.
- A. SNRI
  - B. CBT
  - C. Mindfulness
  - D. ECT

10. People who bleach their skin and those committed to cosmetic surgery to alter how they look could be suffering from:

- A. Body Dysmorphic Disorder
- B. Social Anxiety Disorder
- C. Conversion Disorder
- D. Factitious Disorder

11. Reality testing during a mental status examination looks at the following:

- A. Compulsions, language, Speech, Attention
- B. Mood, Judgement. Adventitious behaviours
- C. Thought content and process, perception, organization
- D. Thinking, language, memory, attention.

12. Anele teacher complains that he always sleeps in class, yet his mother reports that he gets adequate hours of sleep at home (not less than 9 hours). What is the probable sleep disorder that Anele might be experiencing?

- A. Insomnia
- B. Narcolepsy
- C. Fatigue
- D. Lethargy

13. It refers to a period of euphoric mood with symptoms involving abnormally heightened levels of thinking, behaviour, and emotionality:

- A. Manic Episode
- B. Hypomania
- C. Eudemonia
- D. Bipolar I

14. Childhood disorder characterised by a recurrent pattern of negativistic, defiant, disobedient and hostile behaviour toward authority figures that persist for at least 6 months.

- A. Conduct disorder
- B. Autism Spectrum Disorder
- C. Antisocial Personality Disorder
- D. Oppositional Defiant Disorder

15. The most common coexisting mental health issue associated with anorexia and bulimia is:
- A. Depression.
  - B. Body Dysmorphic Disorder
  - C. Panic attacks.
  - D. Anxiety
16. A nurse is teaching a group of adolescents about the risk factors and complications of anorexia nervosa. Which of the following complications should the nurse stress as the most serious?
- A. Ineffective family relationships
  - B. Increased risk of mortality
  - C. Ineffective coping skills
  - D. Depression
17. Benzodiazepines are supposed to reduce symptoms of anxiety by increasing the activity of which neurotransmitter?
- A. Serotonin
  - B. Dopamine
  - C. GABA
  - D. Cortisol
18. \_\_\_\_\_ is a disorder in which anxiety or worry is expressed as "free floating" (not connected to any specific stimulus) and is pervasive enough to interfere with family functioning.
- A. Specific phobia
  - B. Generalized anxiety disorder
  - C. Major depression with anxious features
  - D. Agoraphobia

19. Andiswa goes to a wholesale shop on a Saturday morning. As she pushes her trolley down a crowded aisle, she has a combination of intense physical sensations and a sense that objects are not real. She is likely experiencing a
- A. heart attack
  - B. panic attack
  - C. post-traumatic stress disorder
  - D. social anxiety disorder

Match the following neurotransmitters and their action

#	Neurotransmitter	Action
20	GABA	A: Memory
21	Acetylcholine	B: Arousal
22	Dopamine	C: Calming
23	Serotonin	D: Emotional Stability
24	Glutamate	E: Muscle action, Learning and Memory
25	Norepinephrine	F: Pleasure

**QUESTION 2:**

**[30 marks]**

2.1 Indicate if the following statements are true or false:

#	Statement
1	Separation anxiety is the same Separation Anxiety Disorder as defined in DSM5
2	Antidepressants are often used to treat Diabetic neuropathy
3	Serotonin is a neurotransmitter that regulates mood, appetite, sleep, memory, social behaviour, and sexual desire
4	People with akathisia or tardive dyskinesia are all aware that they are moving irrepressible, and it upsets them.
5	Both akathisia and tardive dyskinesia are side effects of neuroleptic drugs.
6	Research shows that CBT is a better treatment for General Anxiety Disorder than psychopharmacological substances.
7	Serotonin is an excitatory neurotransmitter; therefore excess levels lead to depression

8	People with Bulimia nervosa can use laxatives and diuretics as purging agents
9	Amphetamines have been used as appetite suppressants.
10	Suicide attempts are often help-seeking gestures, not failed efforts to die. Most people who commit suicide had made no prior attempts

2.2 Match the following by identifying the symptoms depicted in these cases. [20 marks]

#	Statement		Response
1	When playing, Melo (7 years) forgets going to the bathroom and wets herself without realising.	A	akathisia
2	Serious antipsychotic side effect that can lead to permanent disfiguration of the face	B	hallucinations
3	An inability to remain still. The individual experiences an intense and urgent need to move; an extreme sensation that involves the lower extremities resulting in compulsions to move.	C	Compulsive behaviour
4	Somizi has an uncontrollable urge to cross dress and wear make up	D	echopraxia
5	Impaired ability to feel pleasure or interest	E	Delusions
6	Sphe' suffers some kind of OCD presenting with pulling off her hair and now has noticeable hair loss on the scalp, and eyelashes	F	Enuresis
7	Can be likened to stage fright	G	Pica
8	Sonto has extreme distress regarding body, she feels like she is trapped in a man's body. She is contemplating sex change	H	Diurnal enuresis
9	Jele is hearing a voice that tells him to kill his wife because she is a witch.	I	Anhedonia
10	Ruth raised her hand in the meeting but when the chair recognised her to talk, she couldn't say a thing nor lower her hand. It was like she is in a trance but with her hand up.	J	Tardive dyskinesia
11	Rose is pregnant and she craves dirt.	K	Agoraphobia

12	Slow cognitive decline	L	Trichotillomania
13	Lulu believes she is Queen Mother	M	Catatonia
14	Hoarding, uncontrolled gambling, excessive shopping are examples.	N	Gender dysphoria
15	Bob complains of painful intercourse	O	dyspareunia
16	An acute state of confusion	P	Transvestic disorder
17	King volume key cat green road Lobamba sling.	Q	Social phobia (SAD)
18	Bed wetting	R	Delirium
19	Ann is irritating! She is repeating all of my movements and gestures.	S	Dementia
20	The fear of being in places or situations where escape might be difficult.	T	Word salad

**QUESTION 3:** Read the vignette and answer the subsequent questions [25 marks]

Gabriel 27 years old RN; has been having trouble at work. Whilst at varsity, he had such episodes where he wouldn't attend class or write important assignments because of low motivation. Instead of graduating at 22, he finally graduated at 25. He hasn't been to work for the past two weeks, but the Nurse Manager complained that Gabriel is naturally uncooperative and since employment (a year ago), he would miss work whenever he wants, he often says that he is God's secretary, so when he hasn't showed up, he must have been busy with heavens business. Last night, following a call from the nurse manager, his aunt visited him in his apartment and found it malodourous and messy. When his aunt talks to him, she could hear him say that the devil's army is coming and wants to kill him because he has heaven's secrets, otherwise he could not answer much of her questions about why he is failing to go to work or if he is ok. His speech is incoherent and nonsensical. He sometimes throws punches in the air or blocks as if he is defending himself. He has no history of substance use or medication.



3.1 Differentiate between positive and negative psychotic symptoms under the following headings. **[15marks]**

3.1.1. Definition [2 marks]

3.1.2 Symptoms [9 marks]

3.1.3 Identify both the positive and negative symptoms presented by Gabriel:  
[4 marks]

3.2 Describe the diagnostic assessment criteria for schizophrenia according to the DSM5 and use it to justify Gabriel's diagnosis by referring to the vignette. **[10 marks]**

#### **QUESTION 4**

**[20 marks]**

4.1 Using a diagram, illustrate mood disorders in a continuum or spectrum and show the:

4.1.1 Mood spectrum (1 mark)

4.1.2. Level of functioning (2 marks)

4.1.3. The Different Mood disorders as presented in the DSM5 (6 marks)

4.2 Describe the serotonin syndrome according to the following: **[10 marks]**

4.2.1 definition (2 marks)

4.2.2 clinical presentation: (6marks)

4.2.3. management (2 marks)

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**GOODLUCK !!!!**