



UNIVERSITY EXAMINATIONS 2022/2023

FOURTH YEAR, FIRST SEMESTER EXAMINATION FOR BACHELOR OF SCIENCE IN
NURSING

NND 3411: MENTAL HEALTH AND PSYCHIATRIC NURSING

DATE: APRIL 2023

TIME: 2 HOURS

INSTRUCTIONS: Answer all questions in the booklet provided

Ensure that all your answers are properly numbered

Section One: Multiple Choice Questions (MCQs): Write the correct answer on the space provided in the answer booklet. Each MCQ is one mark.

Section Two: Short Answer Questions – Answer questions following each other on the answer booklet

Section Three: Long Answer Questions – Answer the questions on the answer booklet

All questions are compulsory

SECTION A: MULTIPLE ANSWER QUESTIONS (20 MARKS)

1. Sudden "**loss of memory**" or "**blackouts**" related to painful or humiliating experience is seen in
 - A. Generalized anxiety disorders
 - B. Obsessive compulsive disorders
 - C. Dissociative disorders
 - D. Bipolar affective disorders

2. The principle of extinction assumes that emotional problems can be:
 - A. Unlearned
 - B. Removed from your mental lexicon
 - C. Derived from childhood experiences
 - D. Become prehistoric
3. Which of the following is the term for the experience of persistent or recurrent delay in or absence of orgasm following normal sexual excitement which causes the individual marked distress or interpersonal difficulty?
 - A. Dysfunctional Orgasmic Disorder
 - B. Aclimactic Disorder
 - C. Female Orgasmic Disorder
 - D. Female Climactic Disorder
4. Bipolar disorder is characterized by the presence of _____?
 - A. Sneezing attacks
 - B. Mood swings
 - C. Psychotic attacks
 - D. Low self esteem
5. Which of the following can be used to treatment erectile dysfunction?
 - A. Hoover erection device (**HED**)
 - B. Vacuum erection device (**VED**)
 - C. Piston erection tool (**PET**)
 - D. Erectile dysfunction pump (**EDP**)
6. Which one of the following anti-seizure medication is used as mood stabilizer:
 - A. Carbamazepine
 - B. Valproic acid
 - C. Lamotrigine
 - D. All the answers are **TRUE**
7. Paraphilia refers to?
 - A. Problems with the normal sexual response cycle
 - B. Sexual urges or fantasies involving unusual sources of gratification problems
 - C. An individual is dissatisfied with their own biological sex and have a strong desire to be a member of the opposite sex

- D. Problems with sexual fantasies
8. Counterconditioning is an exposure therapy technique which involves:
- A. Learning that one negative event may be linked to another
 - B. Exposing the client to the feared stimulus
 - C. Learning that an event or situation is no longer threatening
 - D. Helping the client to see that their behavior is counterproductive
9. The term performance anxiety refers to:
- A. Fear of failing to achieve a sustained erection
 - B. Fear of having sex in a public place
 - C. Fear of criticism from the sexual partner
 - D. Fear of not achieving orgasm
10. Post-mortem studies of Alzheimer's disease have shown:
- A. Shrinkage of frontal and temporal gyri
 - B. Enlarged ventricles
 - C. Shrinkage of the parietal and occipital lobes
 - D. Enlarged frontal and temporal gyri
11. Which of the following is a Drug treatment for social phobia:
- A. Serotonin reuptake inhibitors (SSRIs)
 - B. Antibiotics
 - C. Antipsychotic drugs
 - D. Anti-inflammatory drugs
12. In Obsessive Compulsive Disorder (**OCD**) compulsions are generally thought to be which of the following:
- A. Repetitive or ritualized behavior patterns that the individual feels driven to perform in order to prevent some negative outcome happening
 - B. Repetitive thoughts about harming or distressing others
 - C. Overwhelming desires to behave in an inappropriate fashion
 - D. Ritualized worrying about negative outcome of events
13. An angry client on an inpatient unit approaches a nurse stating, "Someone took my lunch! People need to respect others, and you need to do something about this now!" The nurse's response should be guided by which basic assumption of milieu therapy?
- A. Conflict should be avoided at all costs on inpatient psychiatric units

- B. Conflict should be resolved by the nursing staff
 - C. Every interaction is an opportunity for therapeutic intervention
 - D. Conflict resolution should only be addressed during group therapy
14. Which of the following is not an antidepressant drug?
- A. Tricyclic antidepressants
 - B. Monoamine oxidase inhibitors (**MAOIs**)
 - C. Selective serotonin reuptake inhibitors (**SSRIs**)
 - D. Antinoamine tritase rehibitor (**ATRs**)
15. Beck's Cognitive therapy for depression requires the individual to:
- A. Make an objective assessment of their beliefs
 - B. Keep a dream diary
 - C. Keep a mood diary
 - D. Set attainable life goals
16. Client centred therapy is a type of:
- A. Humanistic therapy
 - B. Psychodynamic therapy
 - C. Cognitive therapy
 - D. Behavioural therapy
17. Token Economy is an influential intervention based upon:
- A. Classical conditioning
 - B. Implicit learning
 - C. Operant conditioning
 - D. Client centred therapy
18. Claustrophobia means fear of
- A. Open spaces
 - B. Closed spaces
 - C. Height
 - D. Lizards
19. *La belle* indifference may be seen in
- A. Dissociative disorders
 - B. Phobic anxiety disorders
 - C. Schizophrenia

- D. Bipolar affective disorders
20. Which of the following therapy is effective for persons with somatic symptom disorder?
- A. Group Therapy
 - B. Cognitive Behavioural Therapy
 - C. Psychodynamic Therapy
 - D. Gestalt therapy

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)

1. Outline Five (5) family risk factors associated with Disruptive Behavior Disorder (5 Marks)
2. What are the Five (5) priority nursing diagnosis for a patient admitted with major neurocognitive disorder (5 Marks)
3. Explain Three (3) biological causes of major depressive disorder (6 Marks)
4. Describe the following behavioral interventions for a patient with Bipolar I disorder (8 Marks)
 - a. Modeling
 - b. Aversion therapy
 - c. Premack principle
 - d. Contingency contracting
5. Define the following feeding and eating disorders (6 Marks)
 - a. Pica
 - b. Rumination disorder
 - c. Avoidant/restrictive food intake disorder
 - d. Anorexia nervosa
 - e. Bulimia nervosa
 - f. Binge-eating disorder
6. How would you determine fitness to stand trial for a patient with a mental disorder and have committed a crime (10 Marks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS)

1. What is the relationship between Schizophrenia and Low-Income? (20 Marks)
2. What would you consider as characteristics of an effective mental health care system? (20 Marks)