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**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

**FOR THE DEGREE
OF
BACHELOR OF SCIENCE IN MIDWIFERY**

COURSE CODE: NMM 224

**COURSE TITLE: Psychology and Psychopathology of Pregnancy and
Childbirth**

Wednesday 20th April 2022

3.00-6.00pm

INSTRUCTIONS TO CANDIDATES

All Questions are compulsory

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

Please turn over

SECTION I: MULTIPLE CHOICE QUESTION (20mks)

1. The midwife understands that a woman is not likely to develop mental disorders during pregnancy if:

- a) She has a strong social support system
- b) There is a positive history of mental illness in the family
- c) She has had severe mental illness in the past
- d) She does not have strong support from the family

2. Mrs Waradi, a 24 year old mother who is 2 months pregnant, comes to the antenatal clinic complaining of fatigue, moodiness and being upset at times. The response of the midwife should be:

- a) Admit Mrs Waradi for observation
- b) Tell Mrs Waradi that what she is feeling are normal reactions in pregnancy which will disappear as the pregnancy enters the second trimester
- c) Refer Mrs Waradi for psychiatric review
- d) Put Mrs Waradi on antidepressants

3. A midwife can breach the client's right to confidentiality if:

- a) The client is not social and friendly
- b) A close family member requests for the information
- c) A government official requests for the information
- d) The client threatens to harm a family member

4. The delusional belief that outsiders are putting thoughts into the mind of the patient is referred to as:

- a) Thought insertion
- b) Thought broadcasting
- c) Thought withdrawal
- d) Pressure of speech

5. Application of pepper on breast nipples to discourage suckling by young children is an example of:

- a) Flooding
- b) Aversion therapy
- c) Systemic desensitization
- d) Exposure and response prevention

6. Nurse behaviors that can jeopardize the therapeutic relationship include:

- a) Feelings of empathy toward the patient
- b) Encouraging the patient to be independent
- c) The nurse giving the patient their home phone number
- d) Focusing on the client needs and therapeutic goals

7. A 25 year old woman has sustained a second degree perineal tear during delivery. She declines to have the tear repaired claiming that her religion does not allow such repairs. The midwife identifies the ethical dilemmas in this case to be centered around:

- a) Doing what will benefit the client versus the autonomy of the client
- b) The autonomy of the client versus justice
- c) Respecting the right of the client to refuse treatment versus maintaining client confidentiality
- d) Confidentiality of the client versus justice

8. Carbamazepine is used as a:

- a) A mood stabilizer
- b) An anxiolytic
- c) An antipsychotic
- d) An antidepressant

9. The midwife understands that sitting in a chair, leaning forward slightly, and maintaining eye contact with a client gives the impression that:

- a) The midwife is not interested in what the client is saying
- b) The midwife is bored
- c) The nurse is interested in what the client is saying and doing
- d) The midwife is looking down upon the client

10. While dealing with clients who have psychosis after delivery, the midwife understands that the clients may interpret touching as:

- a) A threat or an attack
- b) Comforting
- c) An invitation to sexual advances
- d) A gesture of concern

11. The midwife understands that in a Midwife-client therapeutic relationship:

- a) Personal goals are set by the client
- b) A personal and intimate relationship occurs
- c) Client personal goals are set by the midwife with the help of the client if necessary
- d) Identification of needs may not occur

12. Nodding while maintaining eye contact is an example of which effective therapeutic communication technique?

- a) Use of silence
- b) Accepting
- c) Giving recognition
- d) Making observations

13. A patient experiencing a strange smell without any stimulus could be having:

- a) Gustatory hallucinations
- b) Visual hallucinations
- c) Tactile hallucinations
- d) Olfactory hallucinations

14. Madam K, a 30 year old woman with severe heart failure and depression is planning to become pregnant. She comes to the hospital for advice. What will be the most appropriate message that the midwife will share with this client

- a) Tell her that everything will be fine with the pregnancy
- b) Tell her not to worry because there are competent doctors who will take care of her during the pregnancy
- c) Reprimand her and tell her to seek a permanent method of contraception because severe heart disease and pregnancy have poor outcomes
- d) Inform the client that pregnancy may worsen a heart disorder and if severe, it may lead to complications to both the mother and fetus, including death

15. Janita is a 25 year old pregnant who tells the midwife that everyone around, including the neighbors, husband and in-laws, do not like her. Taking Janita through cognitive behavior therapy will:

- a) Correct how she thinks about self and the world
- b) Modify her behavior through rewards
- c) Analyze her disturbing dreams
- d) Punish her thinking

16. On postpartum depression, the midwife understands that:

- a) It is easy to diagnose postpartum depression
- b) The majority of postnatal depressions are self-limiting, resolving within months of onset
- c) Women who have experienced postpartum depression are not at risk of suffering further episodes of the illness
- d) In making a diagnosis of depression, the length of time that the symptoms have been present and the extent to which the symptoms interfere with the woman's usual functioning are not pertinent.

17. BF Skinner is associated with:

- a) The psychodynamic theory
- b) Classical conditioning
- c) Operant conditioning
- d) The dopamine theory of schizophrenia

18. In the management of depression during the postnatal period:

- a) Mood stabilizers should be used
- b) Psychotherapy should be the first line of treatment
- c) Antipsychotics and talk therapy should be used
- d) Anticonvulsants can be used

19. While in a group counseling session with a group of new parents, one of the clients claims that postpartum depression is a condition of women. The most appropriate response of the nurse will be:

- a) It is true that postpartum depression is a condition that affects women only
- b) New fathers can experience postpartum depression, too.
- c) Although men can suffer from postpartum depression, the symptoms they experience are completely different from those experienced by women
- d) Postpartum depression in men cannot have the same negative effects on partner relationships and child development as postpartum depression in mothers can.

20. The nurse suspects a mother with the following disturbances to be suffering from puerperal psychosis:

- a) Hearing of voices instructing the mother to harm the baby, thoughts of harming self
- b) Suicidal thoughts, reluctance to leave the baby in the care of the house girl
- c) Inability to tell exact time, huge appetite
- d) Weight gain, suicidal thoughts

SECTION II: SHORT ANSWER QUESTIONS(40MKS)

1. Explain any four types of delusions (8mks)
2. Explain how biochemical imbalances can predispose a pregnant woman to depression (8mks)
3. Describe four groups of antidepressants (8mks)
4. Describe four effects of untreated schizophrenia on pregnancy (8mks)
5. Explain four precautions that should be taken while taking care of a pregnant woman who is on antipsychotics (8mks)

SECTION III: LONG ANSWER QUESTIONS(40MKS)

1. With use of appropriate examples, describe the psychological defense mechanisms that are commonly used by pregnant women (20mks)
2. Describe the symptoms of puerperal psychosis(20mks)