

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

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS  
2022/2023 ACADEMIC YEAR  
MAIN PAPER**

**THIRD YEAR, FIRST TRIMESTER EXAMINATION**

**FOR THE DEGREE  
OF  
BACHELOR OF SCIENCE IN CLINICAL MEDICINE/BSc.  
PHYSIOTHERAPY**

**COURSE CODE: HCM 412/BSP 412**

**COURSE TITLE: MENTAL HEALTH AND SUBSTANCE ABUSE**

**DATE:** Wednesday 6<sup>th</sup> December 2023

**TIME:** 2:00 - 4:00Pm

**Instructions to candidates**

1. Read the instructions at the begin of each section
2. This paper consists of:  
Section a: multiple choice questions (MCQ) 20 marks.  
Section b: short answer questions (SAQ) 40 marks.  
Section c: long answer question (LAQ) 40 marks
3. No mobile phone is allowed in the examination room

**DURATION:** 2 Hours

**Section A: Multiple Choice Question (MCQS)**

20Marks

1. **A primary difference between model of psychiatric care and the psychosocial, behavioral and medical models is?**
  - A. Focus on the person as an individual.
  - B. Incorporate a holistic view of the person.
  - C. Centre on health instead of illness.
  - D. Have a psychosocial not psychobiologic perspective.
2. **Advantages of sub groups in psychiatry therapy are.**
  - A. Learning multiple ways of problem solving.
  - B. That client can be treated more economically.
  - C. Clients feel comfortable and supported.
  - D. That therapists need less education to facilitates group therapy
3. **The role of the chaplain or spiritual advisor in a mental health facility is to:**
  - A. Provide the spiritual care for the nurse
  - B. Provide religious services that nurses are not qualified to give
  - C. Work in collaboration with the nurse by providing spiritual care expertise
  - D. Respond to requests for consultation on client's spiritual distress or spiritual needs.
4. **The best intervention for strengthening the elderly person experiencing in solving mental health related problem is.**
  - A. Strengthen the elderly's capacity to manage problems and stress.
  - B. Provide opportunities for socialization with others
  - C. Encourage the participation in an adaptation group
  - D. Foster the development of the opportunity for spiritual growth
5. **The patient's documents read, "the patient described her husband's an abusive in an emotionless tone, and with a flat facial expression". This statement describes the patient's:**
  - A. Feelings
  - B. Thought Blocking
  - C. Mood
  - D. Affect
6. **Mrs James has the tendency of responding to situation by yelling, "No, I don't believe it. It can't be true." Mrs James is using which defense mechanism?**
  - A. Introjection
  - B. Suppression
  - C. Denial
  - D. Repression.
7. **The best indicator that crisis counseling has been effective to a psychiatric patient is.**
  - A. Working through once feeling of loss over something
  - B. Developing closer relationship with the patient
  - C. Resuming patient precrisis routines and activities.

- D. Visiting friends several times a week.
8. **An anxious patient may benefit greatly from:**
- A. Muscle relaxation
  - B. Psychodrama
  - C. Confrontation
  - D. Biofeedback
9. **In conversion disorder.**
- A. The symptoms are a conscious attempt to control others in the environment.
  - B. The patient exhibits a high level of anxiety in response to the conversion symptoms.
  - C. The conversion symptom typically has some symbolic meaning for the patient.
  - D. The patient responds positively to confrontational approaches by the nurse.
10. **Mr Walton aged 47 years is newly admitted in psychiatry ward and immediately isolate him from others. The medical team should approach the patient with understanding that:**
- A. Depressed patient commonly are suicidal and establishing trusting relationship is key to preventing suicide.
  - B. Patient believes that they are not ill and therefore they will not socialize with others at that point.
  - C. Walton is isolating himself since the family members are not there to support him.
  - D. Illness and hospitalization for emotional problem have a negative impact on him and his family.
11. **The medical team administering imipramine should inform the patient that the full therapeutic benefits may not take effect for.**
- A. 3 to 7 days.
  - B. 2 to 3 weeks.
  - C. 3 to 4 weeks
  - D. 2 months or more
12. **The drug of choice in management of hyperkinetic childhood disorder is.**
- A. Phenothiazines e.g largatil
  - B. Central nervous depressants e.g valium
  - C. Anticonvulsants e.g phenobarbitone
  - D. Central nervous stimulants e.g Ritalin
13. **The first signs of alcohol withdrawal after the last drink in alcoholic is expected to occur in: -**
- A. Several hours
  - B. 2-3 days
  - C. 4-5 days
  - D. 6-7 days
14. **Effective disorders**

- A. Include schizophrenia
- B. Have specific causes
- C. Present with signs of mood disturbances
- D. Are mostly due to genetic effects

15. A type of personality disorder in which a patient presents with self-dramatization, craving for novelty and self-deception is:-

- A. Paranoid personality disorder
- B. Obsessive compulsive personality disorder.
- C. Histrionic personality disorder
- D. Narcissistic personality disorder

16. The neurotransmitter implicated in the pathophysiology of primary degenerative dementia of Alzheimer type is:

- A. Dopamine
- B. Substance P
- C. Gamma Amino Butyric Acid
- D. Acetylcholine

For question 16, 17 and 18 match the form in column A with correct description from column B by indicating the correct number in the answer sheet provided.

	Column A		Column B
A	Attribution	1	Reasoning process that people use to explain why certain events happen.
B	Public health model of psychiatry	2	Emphasis preventive services to high-risk groups.
C	Shaping	3	Induces new behaviors by forcing behavior that approximate the desired behavior
D	Concrete thinking	4	Realize that the patient sees every problem as having one solution.
E	Precipitating stressor	5	Loss, life events and role strain.
F	Hypochondriasis	6	Preoccupation with fears of having a serious disease.
		7	Gives patient time to process and respond to information.

For question 19 and 20

In dictate whether the following statement are true (T) or false (F) in the answer book provided.

- i. Auditory hallucination is an initial symptom of alcoholic hallucination (T)
- ii. Children who only witness family violence are usually safe from its effects (F)
- iii. Medical team who take care of children who have been abused can be traumatized vicariously (T)

- iv. Atypical antipsychotic drug should be used only when the patient does not respond to typical (conventional) treatment F.

**Section B: Short Answer Questions (SAQ)**

**40 Marks**

- 1)
  - a) Define term mental retardation 1 mark
  - b) State four (4) causative factors of mental retardation 4 marks
- 2) Identify four (4) psychiatric emergencies 4 marks
- 3) Explain four stages of historical development of psychiatry in the world 4 marks
- 4) Discuss five secondary interventions for mental health promotion 5 marks
- 5) Explain five factors influence the level of perform for a psychiatry medical teams 5 marks
- 6) State five clinical outcomes for a patient with admitted in a psychiatric unit with unipolar depression 5 marks
- 7) Define the following terms:
  - a) Sexuality 1 mark
  - b) Sex role 1 mark
  - c) Exhibitionism 1 mark
  - d) Apraxia 1 mark
- 8) Explain four roles of a medical teams in forensic psychiatry 4 marks
- 9) State four (4) predisposing factors to stress 4 marks.

**Section C: Long Answer Questions (LAQ)**

**40 Marks**

**Question 1**

- 1) John 32 years old is admitted into a psychiatric unit with a diagnosis of attempted suicide
  - a) Define suicide 1
  - b) State three (3) types of suicide 3 marks
  - c) Describe the management of John till discharge 16 marks

**Question 2**

- 1) Mr. Nyaal aged 22 years is admitted into psychiatric unit with a diagnosis of Hebephrenic Schizophrenia
  - a) Define the term schizophrenia 1mark
  - b) Outline six (6) clinical features of Hebephrenic schizophrenia 6marks
  - c) Describe the management of Mr. Nyaal from admission to discharge 13 marks

