

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER DECEMBER 2010

TITLE: MENTAL HEALTH PROBLEMS AND SOCIETY I

COURSE: NUR 552

DURATION: TWO (2) HOURS

MARKS: 75

- INSTRUCTIONS:**
- 1. ANSWER ALL QUESTIONS**
 - 2. EACH QUESTION CARRIES 25 MARKS**

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GIVEN BY THE INVIGILATOR**

Question 1:**A. Multiple Choice Questions.**

Select the response that best answers each of the following questions, e.g. 55 = t (1 point per question).

1. Mabya believes that his heart is being eaten away by worms. This delusion fits into the category called:
 - a. Somatic
 - b. Persecutory
 - c. Insertion
 - d. Nihilistic
2. Which of the following is not a recognized symptom of schizophrenia?
 - a. Disturbed interpersonal relating ability
 - b. Disturbed sleep patterns
 - c. Disturbance in sense of self
 - d. Disturbance of affect.
3. Symptoms of schizophrenia are associated with overactivity of neurons that respond to which neurotransmitter?
 - a. Norepinephrine
 - b. Serotonin
 - c. Gamma aminobutyric acid
 - d. Dopamine
4. Which type of schizophrenia is characterized by incoherence, loose associations, inappropriate affect and haphazard behaviour?
 - a. Paranoid type
 - b. Undifferentiated type
 - c. Catatonic type
 - d. Disorganized type
5. The following are recognized side effects of tricyclic antidepressants **except**
 - a. Antimuscarinic side-effects (dry mouth, hesitancy of micturition, constipation).
 - b. Arrhythmias
 - c. Insomnia
 - d. Sweating
6. The following are recognized side effects of selective serotonin reuptake inhibitors (SSRIs) **except**
 - a. Sexual dysfunction
 - b. Hyponatremia in the elderly
 - c. Insomnia
 - d. Hypersensitivity reactions including rash
7. Examples of 'third generation' antidepressants is will not include
 - a. Mirtazapine
 - b. Venlafaxine
 - c. Trazadone
 - d. Lofepramine

8. Even while talking about the death of her husband a decade ago, Manono giggles almost uncontrollably. Many people in the hospital characterize her as being silly. What type of schizophrenia might she have?
 - a. Undifferentiated schizophrenia
 - b. Disorganised schizophrenia
 - c. Catatonic schizophrenia
 - d. Paranoid schizophrenia
9. Which of the following individuals is at highest risk for suicide
 - a. Muzi, age 30, divorced, works as a nurse
 - b. Nomsa, age 45, married, housewife
 - c. Vusi, age 15, diagnosed with conduct disorder
 - d. Musa, age 80, depressed from recent death of wife
10. A DSM IV-TR diagnosis of antisocial personality disorder would be recorded on which of the following diagnostic axes?
 - a. Axis I
 - b. Axis II
 - c. Axis III
 - d. Axis IV
11. Which of the following is not a cognitive anomaly exhibited by people with schizotypal personality disorder?
 - a. Odd beliefs and magical thinking
 - b. Illusions
 - c. Dissociative states
 - d. Ideas of reference
12. People with antisocial personality disorder exhibit all the following **except**:
 - a. Deficits in the parietal lobes of the brain
 - b. Poor impulse control
 - c. Deficits in executive functions
 - d. Difficulty inhibiting impulsive behaviours
13. People with -----are heavy users of mental health services, in contrast to people with other personality disorders.
 - a. Borderline
 - b. Antisocial
 - c. Avoidant
 - d. Narcissistic
14. The biggest fear of a rape victim is:
 - a. Being injured.
 - b. Being killed.
 - c. Not being believed.
 - d. Being abducted.
15. Signs of sexual abuse are:
 - a. Eating disorders.
 - b. Nightmares.
 - c. Depression and or suicide attempts.
 - d. All of the above.

16. About what percent of rape victims knew their assailant?
 - a. 25%
 - b. 70%
 - c. 5%
 - d. less than 1%
17. The cognitive disorder characterised by a breakdown in the ability to translate a verbal command into its motor expression is:
 - a. Aphasia
 - b. Amnesia
 - c. Agnosia
 - d. Apraxia
18. Which of the following is not a class of antidepressants?
 - a. Tetracyclics
 - b. Neuroleptics
 - c. Serotonin specific agents
 - d. MAO inhibitors
19. People taking an MAO inhibitor should avoid:
 - a. Loud noise, bright lights, social activities
 - b. Citrus fruit, hot peppers, spices
 - c. Over exertion, sexual activity, heavy lifting
 - d. Coffee, chocolate, cheese and beans
20. Obsessive compulsive disorders are anxiety disorders and respond better to
 - a. Antianxiety medications
 - b. Antipsychotic medications
 - c. Antidepressant medications
 - d. Anticonvulsant medications
21. Some of the defining features of Social phobia are described in DSM-IV-TR as:
 - a. Individuals with social phobia experience concerns about embarrassment and are afraid that others will judge them to be anxious, weak, "crazy", or stupid.
 - b. They may fear public speaking because of concern that others will notice their trembling hands or voice.
 - c. They may experience extreme anxiety when conversing with others because of fear they will appear inarticulate.
 - d. All of the above
22. It is considered that successful CBT treatments of social phobia include elements of the following:
 - a. Exposure therapy.
 - b. Social skills training.
 - c. Cognitive restructuring.
 - d. All of the above.

23. Which of the following is considered to be a symptom of Post Traumatic Stress Disorder (PTSD):
- Increased arousal.
 - Avoidance and numbing of emotions.
 - Re-experiencing.
 - All of the above.
24. The phase in the debriefing process that focuses on how a person responds to a traumatic experience is
- Thought stage
 - Reaction phase
 - Symptom phase
 - Preparatory and re-entry phase
25. The nurse expects a client exhibiting flight of ideas to do which of the following?
- Talk excessively while frequently shifting from one idea to another
 - Coin new words or combinations of several words
 - Provide excessive detail that delays stating a point
 - Make sudden stops in the flow of conversation

TOTAL 25

Question 2

Vusi, a 23 year old, is currently imprisoned on allegations of armed robbery and murder of a business man. He has had several encounters with the justice system. At the age of 16 he served a 9-month jail sentence for breaking into a neighbour's house and stealing valuables—it took the police 6 months to pin him down to that case. He has never had gainful employment but is always dressed in designer clothes. He is violent to people and it is rumoured that he stabbed someone to death at a drinking spot around his hometown. When confronted about his behaviour, he says there is nothing abnormal about him and threatens anyone questioning his conduct with violence. As a child, he never finished elementary school because he was truant and violent to both teachers and students and stole valuables such as money from his parents which he denied when confronted and attributed the thefts to his younger siblings.

- a) What is probably wrong with Vusi? Justify your answer. (15)
- b) How can Vusi's condition be best managed if he is brought to the Psychiatric Hospital? (10)

TOTAL 25

Question 3

Write brief notes on the following:

- a) Home management of a person with schizophrenia. (8)
- b) Obsessive compulsive disorder and its management. (7)
- c) DSM-IV-TR diagnostic criteria for major depression (5)
- d) Nursing implications for the phenothiazine group of major tranquilizers (5)

TOTAL 25