

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE**  
**FINAL EXAMINATION: MAY 2016**

**COURSE TITLE: Normal Psychological Development 11**

**COURSE CODE: NUR 453**

**TIME ALLOCATED: 2 HOURS**

**TOTAL MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1. PLEASE WRITE LEGIBLE**
- 2. PLEASE ANSWER ALL QUESTIONS**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 4. START A NEW QUESTION IN A NEW PAGE**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**

**DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED  
BY THE CHIEF INVIGILATOR OR HIS/HER REPRESENTATIVE**

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### **Question 1**

1. (a) Use your own words to define primary mental health care (2)
  
- (b) Describe the two main goals for integrating mental health care into primary health care (4)
  
- (c) Discuss five advantages for integrating mental health into primary health care (5)
  
- (d) With the use of examples distinguish between mental health promotion and mental health prevention (4)
  
- (e) Discuss three approaches for the promotion of mental health among high school students. (6)
  
- (f) Discuss how you can effect normal psychological development using the three levels of primary mental health care (9)

(30)

### **Question 2**

2. (a) Discuss five reasons why mental health of children should be promoted (10)
  
  - (b) Discuss the importance of training teachers on normal psychological development for children on health promotion (5)
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(c) Discuss five (5) ways on how school mental health programs, juvenile programmes can be used to promote normal psychological development for individuals? (5)

(20)

**Question 3**

3. (a) Discuss the stumbling blocks for promoting normal psychological development for geriatrics and children in Swaziland (10)

(b) Substance abuse in Swaziland is the major cause of disruption of normal psychological development in schools/ work, home. In your own words discuss the three contributing factors of substance abuse. How can you manage a client with substance abuse complications? (15)

(25)

Total: 75