

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
BACHELOR OF NURSING SCIENCE YEAR 4**

**FINAL EXAMINATION PAPER 2017**

**TITLE OF PAPER : INTRODUCTION TO  
PSYCHOTHERAPY**

**COURSE CODE : CMH 402**

**TIME ALLOCATION : 2 HOURS**

**MARKS ALLOCATION : 75**

**INSTRUCTIONS : THIS PAPER CONSISTS OF  
THREE QUESTIONS. ANSWER  
ALL QUESTION.**

**DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.**

### QUESTION 1

Assimilation and accommodation, play very important roles in influencing cognitive, psychosocial and emotional development. Discuss how assimilation influences cognition, psychosocial and emotional parts of the individual during psychotherapy.

- A) Cognition (10 marks).
- B) Psychosocial (10 marks)
- C) Emotional (5 marks)

### QUESTION 2

Certain factors can cause impairment of growth and development among young individuals. Discuss how negative accommodation, Poor interaction and spiritual powers can cause poor mental health promotion in children.

- a) Negative accommodation (10 marks)
- b) Poor interaction (10 marks)
- c) Spiritual development. (5 marks)

### QUESTION 3

Positive promotion of mental health of individuals can be severely affected by certain factors during pregnancy and post delivery. Discuss how violence during pregnancy, poor nutrition during pregnancy and lack of good caring during infancy can affect the positive promotion of mental health among individuals?

**25 marks]**