

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
BACHELOR OF NURSING SCIENCE YEAR 5
FINAL EXAMINATION PAPER MAY 2018**

**TITLE OF PAPER : TREATMENT AND
MANAGEMENT MODALITIES
FOR MENTAL HEALTH
PROBLEMS**

COURSE CODE : NUR 555

TIME ALLOCATION : 2 HOURS

MARKS ALLOCATION : 75

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

DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.

QUESTION 1

Cognition, Behaviour and Affection are important key elements of psychotherapy. These components can be used during psychotherapy process. Discuss the importance of the following concepts in psychotherapy:

- | | |
|---------------|------------|
| 2.1 Cognition | (10 marks) |
| 2.2 Behaviour | (10 marks) |
| 2.3 Affection | (5 marks) |

[25 marks]

QUESTION 2

Inferiority feelings as a life style may lead to self-defeating behaviours in individuals. Using the concept of the essential aspects of personality discuss the evidence of inferiority complex that may act as stumbling blocks in a psychotherapeutic process.

[25 marks]

QUESTION 3

A client that has gone through several psychotherapeutic sessions from a number of psychotherapists may develop a vast experience in psychotherapy. That is the client who may develop some experience in the who, how, whom factor. In your understanding discuss the importance of the who, how, whom factor in psychotherapy.

- | | |
|----------------|------|
| a) Who factor | (10) |
| b) How factor | (10) |
| c) Whom factor | (5) |

[25 marks]