

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE**  
**FINAL EXAMINATION PAPER: MAY, 2019**

**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

In the Christian point of view the concept of being non-judgemental by a therapist can be observed in patients' responses to therapy through faith, hope and love. Discuss as to how faith, love and hope can be reflected from patients' responses to therapy.

- a) Love (10 marks).
- b) Hope (10 marks).
- c) Faith (5 marks)

[25 marks]

### QUESTION 2

Rogers and Sanford provide ten characteristics of the client-centred therapy. (a) In your own opinion discuss these characteristics and give two examples of real life applications for each characteristic. (b) Give five reasons supporting that client-centre psychotherapy is bad for clients.

- a) 20 marks for examples of real life application of characteristics.
- b) 5 marks for badness of client-centred psychotherapy.

[25 marks]

### QUESTION 3

The five parts of an individual are essential entities during psychotherapeutic interventions. Discuss how a therapist can utilize the physical, psychosocial and spiritual during psychotherapy.

- 2.1 Physical (10 marks)
- 2.2 Psychosocial (10 marks)
- 2.3 Spiritual (5 marks)

[25 marks]