

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE**  
**RESIT EXAMINATION: JANUARY 2020**

**COURSE TITLE:** NURSING MANAGEMENT OF CHILDHOOD MENTAL DISORDERS  
**COURSE CODE:** CHN 407  
**TIME ALLOCATED:** 2 HOURS  
**TOTAL MARKS:** 75

**INSTRUCTIONS:**

- 1. THE EXAMINATION HAS THREE QUESTIONS, ANSWER ALL OF THEM**
- 2. PLEASE WRITE CLEARLY AND LEGIBLY**
- 3. WHERE APPLICABLE, PLEASE CAREFULLY READ AND FOLLOW INSTRUCTIONS SPECIFIC TO EACH QUESTION.**
- 4. START A NEW QUESTION ON A NEW PAGE**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**
- 6. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**

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

**QUESTION 1A. State whether the provided statements are true or false by writing the word false or true next to the number signifying the statement, e.g. 50 – false. (1 mark each)**

- a) Most mental disorders have a genetic, biological and environmental aetiology.
- b) Social phobia was originally classified as a mental disorder in the DSM-III and has been renamed Social Anxiety Disorder (SAD) in the DSM-5.
- c) Panic Disorder has physical and cognitive symptoms and involves numerous, expected panic attacks.
- d) Panic Attack is classified as a mental disorder as well as a specifier for both mental and physical disorders.
- e) Agoraphobia is a newly codeable disorder in the DSM-5 and represents an intense fear resultant from real or imagined exposure to a wide range of situations.
- f) Premenstrual Dysphoric Disorder is part of Depressive disorder chapter in DSM 5.
- g) Severe temper outbursts with underlying persistent angry or irritable mood is an essential feature of Disruptive Mood Dysregulation Disorder
- h) Cognitive behavior therapy is effective at lowering anxiety in older children with autism spectrum disorder who have an average or above-average IQ.
- i) Classroom modification is not an important intervention in the management of specific learning disorders.
- j) Adolescents who identify as gay or lesbian are a high for risk group for anxiety disorders compared to young people.

**QUESTION 1B: MATCHING. State the statement in column B, that correspond or describes the phrase or term in column A, e.g. 50 = Q**

Seq.	Column A		Column B
1.	Dyslexia	A	An example of negative symptoms of schizophrenia
2.	Ataxia	B	A child with this learning disorder have difficulty in mathematics including trouble with calculation and difficulty with mathematical reasoning
3.	Atypical antipsychotic drugs	C	A core clinical feature of depression, schizophrenia, and some other mental disorders in which the patient has an inability or reduced ability to experience pleasure
4.	Avoidant personality disorder	D	Psychodynamic theorists believe that, as children, people with this disorder experienced unhealthy relationships in which cold parents left them feeling unloved
5.	Dyscalculia	E	People with this disorder are preoccupied with criticism or rejection in social situations hence avoid activities due to fear of criticism, disapproval or rejection
6.	Imipramine	F	A pattern of learning disorder characterized by problems with accurate or fluent word recognition,

### **QUESTION 3**

Every year on the 10<sup>th</sup> of October, the world commemorates mental health day under a chosen theme. The theme for 2019 focused on the prevention of suicide while 2018 was about young people's mental health. In many ways the two themes are related.

- a. Outline the importance of suicide prevention in young people(2 marks)
- b. Discuss prevention measures for suicide among youth (1 mark each point for a total of 10 marks).
- c. Discuss the nursing management of a patient with suicidal ideation at primary care level ((1 mark each point for a total of 10 marks).

**[TOTAL MARKS: 25]**