

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
MAIN EXAMINATION
NOVEMBER, 2021

COURSE TITLE: NURSING MANAGEMENT OF MENTAL DISORDERS IN ADULTS

COURSE CODE: CHN406

TIME ALLOWED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE WRITE CLEARLY AND LEGIBLY**
- 2. PLEASE ANSWER ALL QUESTIONS**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWER**
- 4. START ANEW QUESTION ON 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**

QUESTION 1: Multiple Choice

Instructions: For each of the following questions, each question has only one correct option as an answer. Choose the most correct answer. Write clearly the question number and the letter that corresponds with the most appropriate or correct answer, e.g. 10. C. Each correctly answered question has one (1) mark.

1. Personality disorders (PD) consist of a loosely-bound cluster of sub-types. Which of the following common features are evident in PD?
 - A. They are characterized by an enduring pattern of behaviour that deviates markedly from expectations within that culture
 - B. They are associated with unusual ways of interpreting events, unpredictable mood swings, or impulsive behaviour
 - C. They result in impairments in social and occupational functioning
 - D. All of the above are correct

2. An individual with a schizotypal personality disorder will usually exhibit which of the following characteristics?
 - A. Eccentric' behaviour marked by odd patterns of thinking and communication
 - B. Discomfort with close personal relationships
 - C. Often exhibit unusual ideas of reference
 - D. All of the above are correct

3. An individual with narcissistic personality disorder will routinely overestimate their abilities and inflate their accomplishments, and this is characterized by which of the following?
 - A. A pervasive need for admiration
 - B. An inability to monitor reality
 - C. Impulsive behaviour such as drug abuse
 - D. Unusual ideas of reference

4. An Individual with Obsessive-Compulsive Personality Disorder will exhibit which of the following characteristics?
 - A. Exceptionally perfectionist tendencies
 - B. A preoccupation with orderliness
 - C. They will stick to rules
 - D. All of the above are correct

5. Schizophrenia is usually diagnosed in:
- A. Infancy
 - B. Childhood
 - C. Early adulthood
 - D. Old age
6. In a patient with proven treatment resistant schizophrenia, what is the drug of choice?
- A. Olanzapine
 - B. Haloperidol.
 - C. Clozapine
 - D. Risperidone.
7. Schizophrenia is a complex, heterogeneous, & disabling psychiatric disorder. What is its worldwide prevalence rate?
- A. 1 %
 - B. 2 %
 - C. 4 %
 - D. 6 %
8. The peak age range of onset of schizophrenia in women is:
- A. 10 – 25 years.
 - B. 15 – 25 years.
 - C. 20 – 30 years.
 - D. 25 – 35 years.
9. The biochemical theory of schizophrenia known as the Dopamine hypothesis refers to:
- A. Insufficient Dopamine activity
 - B. Contaminated Dopamine
 - C. Excess Dopamine activity
 - D. Allergic sensitivity to Dopamine
10. A 22 years old college student is brought to the psychiatrist by his roommate who says that his behaviour has been 'upsetting of late' and he has been talking and acting strange. On examination he has auditory hallucinations, agitation and rapid incoherent speech. The duration of symptoms is unknown. Substance abuse history is also unknown. The diagnosis could be all of the following **except**:
- A. Schizophreniform Disorder

- B. Schizoaffective disorder
 - C. Generalized Anxiety Disorder
 - D. Substance-induced psychotic disorder
11. A 40-years-old female patient with a diagnosis of schizophrenia stops in the middle of a sentence while being interviewed. She is not able to explain why she stopped. What is this phenomenon called?
- A. Thought withdrawal
 - B. Thought blocking
 - C. Thought broadcasting
 - D. Thought insertion
12. Which of the following physical symptoms are associated with panic attacks:
- A. Heart palpitations.
 - B. Perspiring.
 - C. Hyperventilating.
 - D. All of the above are correct.
13. Which of the following is a behavioural symptom exhibited by individuals diagnosed with major depression?
- A. Unpredictable and erratic behaviour.
 - B. Compulsive checking.
 - C. Stay in bed for long periods.
 - D. Ritualised behaviour.
14. Positive symptoms of schizophrenia are the result of:-
- A. Increased dopamine activity in nigrostriatal pathway
 - B. Decreased dopamine activity in mesolimbic pathway
 - C. Increased dopamine activity in mesocortical pathway
 - D. Increased dopamine activity in mesolimbic pathway
15. Charles was driving his motor vehicle when it was involved in an accident in which his wife and his child were killed. He is unable to carry on with his life, and he has sought emotional help. He says to the nurse "I do not know how I managed to make all the funeral arrangements. At times it seemed as though I was an outside observer of everything that was happening". What is this phenomena called?
- A. Derealization
 - B. Illusion
 - C. Depersonalization

D. Psychosis

16. In disorders of sexuality and sexual functioning, the term paraphilias refers to:

- A. Problems with the normal sexual response cycle
- B. Sexual urges or fantasies involving unusual sources of gratification problems
- C. An individual is dissatisfied with their own biological sex and have a strong desire to be a member of the opposite sex.
- D. Problems with sexual fantasies

17. Genital pains that can occur before, during or after sexual intercourse, and can occur in both males and females are known as:

- A. Dyspareunia
- B. Dysmenhorea
- C. Dyskinesia
- D. Dyspraxia

18. According to DSM-V the presence of psychotic symptoms for a period of less than a month but at least for a day is:-

- A. Brief psychotic disorder
- B. Schizophreniform disorder
- C. Schizoaffective disorder
- D. Mania with psychotic feature

19. A 26-year-old man comes to the office after he experienced what he says was a nervous breakdown. The patient says that after he recently declared bankruptcy, losing his home and his business, he became very depressed. During this time, he began to hear voices telling him that he was useless and should kill himself. The patient says his symptoms stopped after approximately one week. He has had no similar episodes. Medical history includes no psychiatric conditions. Physical examination shows no abnormalities, and results of laboratory studies are within normal limits. Which of the following is the most likely diagnosis?

- A. Delusional disorder
- B. Brief psychotic disorder
- C. Major depressive disorder with psychotic features
- D. Schizophrenia

20. Which of the following is incorrect about anxiety disorders?

- A. It is characterized by excessive worry.
- B. Often takes chronic unremitting, and disabling course

- C. Hallucination is one of its symptoms
 - D. It is the most common mental disorder worldwide
21. Interaction between two people in which input from both participants contributes to a climate of healing, growth, promotion, and/or illness prevention is called:-
- A. Therapeutic relationship
 - B. Therapeutic communication
 - C. Rapport
 - D. Therapeutic use of self
22. The phenomenon in Schizophrenia, known as 'downward drift' means which of the following?
- A. Falling to the bottom of the social ladder
 - B. Become homeless
 - C. Inability to hold down a job
 - D. All of the above are correct.
23. Mania involves:
- A. Boundless, frenzied energy.
 - B. Feelings of euphoria.
 - C. Ideas coming too fast and too many.
 - D. All of the above are correct.
24. One of the most common features of neurological disorders are language deficits and are collectively known as:
- A. Dysphasias
 - B. Alogias
 - C. Anomias
 - D. Aphasias
25. With barbiturate and benzodiazepine abuse and dependency, sedative intoxication is generally associated with:
- A. Slurred speech
 - B. Uncoordinated motor movements
 - C. Impairment in attention and memory
 - D. All of the above are correct

[Sub-total: 25 marks]

QUESTION TWO

A. State whether the statement below are true or false. Write the alphabet representing your answer against the question, e.g 8=T. Each correct answer has 1 mark.

1. Schizophrenia has a better outcome in developing countries than developed countries.
2. Serotonin theory states that, Serotonin excess as a cause of both positive and negative symptoms in schizophrenia.
3. There is laboratory test for schizophrenia.
4. The onset and course of schizophrenia is the same both in male and female.
5. Cognitive theory in the causation of anxiety disorder views anxiety as not always a bad thing.
6. Remission from brief psychotic disorder is full, and the individual returns to the premorbid level of functioning.
7. Relatives of those with major depressive disorder have double the risk of developing major depressive disorder
8. The risk of suicide is increased with depression
9. Mild and major neurocognitive disorders are always associated with the elderly.
10. Risk to depression is greater in females than males.
11. The essence of mental health nursing lies on the tasks performed with the presenting illness.
12. People with paranoid personality disorder do not typically see themselves as needing help.
13. Anxiety disorder is the most occurring class of lifetime mental disorders.
14. Psychological dependence occurs when the use of a substance is perceived by the user to be necessary to maintain optimal state of well-being.
15. People with Bipolar I Disorder who have four or more mood episodes within one year receive the specifier "with rapid cycling."

[15 marks]

B. Matching: Write the alphabet letter that represents your answer from column B against the question number in column A. e.g. 15= c. Each correct answer has 1 mark.

#	Column A	Column B
1	Circumstantiality	A. A 42-year-old man comes to the emergency room with the chief complaint that "the news broadcaster gives him special messages about the state of the world every night through the TV"
2	Illusion	B. A 32-year-old woman is seen in an outpatient psychiatric clinic for the chief complaint of a depressed mood for 4 months. During the interview, she gives very long, complicated explanations and many unnecessary details before finally answering the original questions.
3	Orientation	C. Two days after admission, 56 years patient awakens in the middle of the night and screams that there is a man standing by the window in his room. When the Nurse enters the room and turns on a light, the patient is relieved to learn that the "man" was actually a drape by the window.
4	Idea of reference	D. A 22-year-old woman is seen by a psychiatrist in the emergency room. During her interview she is asked to count backwards from 100 by 7's.
5	Concentration	E. A psychiatrist is called to consult on the case of a 75-year-old woman who had undergone a hip replacement 2 days before. On examination, the psychiatrist notes that the patient states the date as 1956, and she thinks she is at her son's house. These impairments best illustrate which aspect of the mental status examination?
6	Abstract thinking	F. 23-year-old woman comes to the emergency room with the chief complaint that she has been hearing voices for 7 months. When asked the meaning of the proverb "People in glass houses should not throw stones," the patient replies, "Because the windows would break." Which mental status findings does this patient display?
7	Thought blocking	G. 56-year-old man is brought to the psychiatrist office by his wife because she has noted a personality change during the past 3 months. While the patient is being interviewed, he answers every question with the same three words. Which symptoms best fits the patient's Behaviour?
8	Echo-praxia	H. An 18-year-old boy is brought to the emergency room by the police after he is found walking along the edge of a high building. In the emergency room, he mumbles to himself and appears to be responding to internal stimuli. When asked open-ended questions, he suddenly stops his answer in the middle of a sentence, as if he has forgotten what to say. Which symptoms best describes his last behavior?

9	Derealisation	I. A 26-year-old woman with panic disorder notes that during the middle of one of her attacks she feels as if she is disconnected from the world, as though it were unreal or distant. Which terms best describes this symptom?
10	Perseveration	J. A 45-year-old man with a chronic psychotic disorder is interviewed after being admitted to a psychiatric unit. He mimics the examiner's body posture and movements during the interview. Which terms best characterizes this patient's symptom?

[10 marks]

[Sub-total: 25 marks]

QUESTION THREE

1. Describe the four dopamine pathways in the causation of schizophrenia. (8 marks)

2. A 27year old woman is brought to the emergency ward by her neighbours who reported her to be banging on their doors and screaming in the stairwell .The patient's family reports that for the past year she has seemed increasingly odd, dissociating herself from family activities. She also gave up her well-paying job as a computer graphics designer. She had ended her 2year engagement 6 months ago for no particular reason. On mental status examination the patient appears dishevelled and her clothes appear to be dirty. She appears wary and guarded. Her speech is normal in rate, volume and production. She is conversant, and explains that she has been defending herself against aliens who want to use her as a specimen. She believes that she began picking up hidden transmissions in her email at work, revealing an alien conspiracy. On asking why she quit her job she states that she needs to stay hidden inside her home because they are after her. She ended her recent relationships because she believes that aliens would harm her loved ones. She denies substance use or any medical symptoms. She reports that she has been eating and sleeping well and that her mood is good. Diagnostic testing, including drug screen, CBC, chemistry panel and brain MRI are all normal.
 - 2 a. What could be the possible psychiatric conditions? (2 marks).
 - 2 b. Justify the reasons for your diagnoses using DSM-5 (10 marks)
 - 2c. What are the medications you are expecting to be prescribed to treat the condition of the patient? (5 marks)

[Sub-total: 25 marks]