

**UNIVERSITY OF SWAZILAND  
FACULTY OF SOCIAL SCIENCES  
DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK  
FINAL EXAMINATION QUESTION PAPER, DECEMBER 2017**

**TITLE OF PAPER: PSYCHOLOGICAL AND PSYCHOTHERAPY  
INTERVENTIONS**

**COURSE CODE: SWK 431**

**TIME ALLOWED: TWO (2) HOURS**

**INSTRUCTIONS: 1. ANSWER ANY THREE (3) QUESTIONS  
2. ALL QUESTIONS CARRY EQUAL MARKS  
3. TOTAL MARKS 100**

**THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION IS GRANTED  
BY THE INVIGILATOR**

### Question 1

Francis presents with extraordinary concern about safety of his wife and young daughter. He rarely leaves them alone when away (at work) he telephones home every hour. He has one job because of this, and his wife has threatened to leave him if he doesn't seek psychiatric help. Six months ago, the symptoms became worse after his wife had an automobile accident. Francis describes recurrent, unbidden thoughts in which dangerous events befall his family and he is not there to save them. He knows these thoughts are unfounded.

- a) Based on this case study, identify the likely diagnosis/diagnoses, including any applicable rule out (R/O) diagnoses (if any). List the ICD code number, diagnosis and any applicable specifics.
- b) How would you support or justify your diagnosis? What details support what criteria?
- c) Explain these in narrative form, meaning that each answer needs to be at least a paragraph or more (one or two sentences will not suffice) with attention to writing using complete sentences, appropriate grammar and clear organization and expression of content.
- d) What conditions would you look to rule out?
- e) What three pieces of information you would like to know that would assist you in supporting your diagnosis or better understand the client.

### Question 2

'I am good with people or around people', Brandon reports. Brandon is 20 years old. Ever since high school he has experienced challenges when meeting new people or being around large groups of people, especially if he does not know them. This seems to be the case in most social situation no matter where he is. Rarely can he stay calm when in a social gathering; he always feels extremely nervous. When he gets around these settings he is confident that people are looking at him and thinking about him critically, judging his appearance and making fun of how he comes across. Often when it gets close to the time for these events he will feel tense, hot, have trouble breathing and trembles. Sometimes he can grit his teeth and get through the situations, but other times he decided to them altogether.

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### Question 3

Katie is 30 years old. She enters the emergency room after experiencing an episode of extreme chest pain, difficulty breathing and numbness in her arms. She states the following to the physician:

"I was walking my dog earlier when I started sweating. Since it wasn't hot outside I couldn't understand why...then I started having trouble breathing and really got scared. My heart was pounding so hard I thought it might explode out of my chest. My knees felt weak-it seemed like my whole body was shaking, then my arms went numb. Apparently the whole thing lasted only a few minutes, but it felt like each second was an hour. Did I have a heart attack? Am I going crazy? I felt like I was going to die?"

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- c) Explain these in narrative form, meaning that each answer needs to be at least a paragraph or more (one or two sentences will not suffice) with attention to writing using complete sentences, appropriate grammar and clear organization and expression of content.
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### Question 4

Linda, a 52-year-old white woman, presented to her local hospital emergency department saying, "I'm dying." Indeed, she was in significant distress, complaining of heart palpitations, dizziness, clammy hands and a pervasive feeling of dread. She further stated, "this keeps happening now." When her medical tests all came back negative, the emergency department social worker was called to talk with her. By this time, the physical symptoms had subsided but Linda expressed her fears that she really was having a heart attack but that the "doctors didn't know it," that she was "going crazy," and that this would "just keep happening." In an effort to obtain a medical and family history, the social worker asked Linda if she had ever felt this way before or had she any family member who seemed to feel this way. Linda responded that she'd "had a spell" in college, when she'd first left home which later subsided, and that she had been "really, really nervous" for a time after the birth of her first child. She also stated that her mother used to get "so worried about the kids' safety," that "she'd always insisted on picking us up at school herself, even when we were older and it was embarrassing." As they talked, the social worker learned that Linda's only child had very recently left for college and she was now alone because her husband had left her the previous spring. She further described herself as "a very competent person" and could not understand how she could fall apart this way. She

said she'd had two previous episodes in the last several months wherein she "felt I was dying." Upon further questioning, she revealed that she'd received a second notice of foreclosure in the mail, immediately prior to the onset of the symptoms that led to her coming to the emergency department. Linda was suffering with anxiety and struggling to make sense of its debilitating symptoms and her decreased functioning while worrying that "it would happen again."

Create a treatment plan tailored to Linda's problems and needs.

### Question 5

Maud aged 30, suffers from periods of depression ever since his girlfriend ended the relationship 4 months ago. He has lost his drive on life and doesn't want to go out of his house. He recently lost his job, became depressed, stopped talking to his friends and prefers to isolate himself. His family tries to encourage him to go with them for special occasions but he doesn't want any social life. The main concern is that he is beginning to think of taking his own life because the world seems so gloomy and he has no interest on life in general.

- a) Based on this case study, identify the likely diagnosis/diagnoses, including any applicable rule out (R/O) diagnoses (if any). List the ICD code number, diagnosis and any applicable specifics.
- b) How would you support or justify your diagnosis? What details support what criteria?
- c) Explain these in narrative form, meaning that each answer needs to be at least a paragraph or more (one or two sentences will not suffice) with attention to writing using complete sentences, appropriate grammar and clear organization and expression of content.
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### Question 6

Since attending this course reflect on your professional values, principles and beliefs regarding mental health.

- a) What are some of your personal beliefs about mental illness? Reflect on what has influenced and shaped these beliefs, including stigma. Where do these beliefs come from? How have they changed over time?
- b) How has exposure to mental health stigma influenced and shaped your beliefs about people with mental illness? Consider messages you have received from various sources in your life, including the media (TV, movies, Facebook, news, etc.), family, friends, school, etc.
- c) What are your affective and cognitive reactions when you encounter someone with mental illness in various spheres of your life, including professionally? You might consider family, friends and peers, co-workers, clients and strangers. What comes up for you? How do you feel and how does this influence the interaction (or lack thereof)?
- d) As you move forward in your social work training, what can you do to address some of the beliefs and reactions you have described above, including the