

PSYCHIATRY REVISION QUESTIONS

PART I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Disorder of thought content is
 - a) Word salad
 - b) Thought echo
 - c) Waxy flexibility
 - d) Catatonic stupor
2. A fixed upward gaze of a client on largactil is known as
 - a) Dystonia
 - b) Oculogyric crisis
 - c) Tardive dyskinesia
 - d) Akinesia
3. Sexual satisfaction is obtained through the mouth in the
 - a) Phallic stage
 - b) Oral stage
 - c) Biting stage
 - d) Genital stage
4. Drugs that act by increasing epinephrine and serotonin are
 - a) Agonistics
 - b) Antidepressants
 - c) Antipsychotics
 - d) Anxiolytics
5. An impairment in the understanding or transmission of ideas by language is
 - a) Jargon
 - b) Aphasia
 - c) Echopraxia
 - d) Schneider
6. The minimum age for a voluntary patient to be admitted into a mental hospital is
 - a) 15 years
 - b) 16 years
 - c) 18 years
 - d) 21 years
7. Patients ability to modify behavior is determined by will power in
 - a) Suggestive individual therapy
 - b) Supportive individual therapy
 - c) Pervasive individual therapy
 - d) Persuasive individual therapy
8. Utilitarianism is based on the believe that
 - a) Actions are bound by a sense of duty
 - b) The end results justifies the means
 - c) Do good and avoid evil
 - d) An eye is for an eye

9. Dr. Philippe Pinel unchained a group of patients who had been in chains for 30 years during the
- Humanitarian period
 - Scientific period
 - Political period
 - Demonological period
10. The document signed before admitting a psychiatric patient under the involuntary criteria is
- MOH 613
 - MOH 637
 - MOH 614
 - MOH 617
11. The following is **true** about schizophrenia
- Disorganized schizophrenia is characterized by the waxy flexibility
 - Catatonic schizophrenia is characterized by the regressive behavior
 - Paranoid schizophrenia is characterized by delusions of grandeur
 - Undifferentiated schizophrenia is characterized by stupor and excitement
12. Diagnosed with bipolar, George Maina is currently experiencing mania. The following describes the current state of George
- Extreme Sadness
 - Has apathy
 - Self blame
 - Grandiose notions
13. The following is a dissociative disorder
- Somatization disorder
 - Hypochondriac disorder
 - Psychogenic amnesia
 - Dysmorphic disorder
14. Which of the following is **true** about trans-sexualism
- Their anatomic sexual organ is abnormal, painful and very itchy
 - They are comfortable with their secondary sexual characteristics
 - The Diagnosis of trans-sexualism is made during adulthood only
 - There is preoccupation with the need to get rid of own genitals
15. The following is a priority nursing diagnosis in a child who has autism
- Impaired social interaction related to inability to trust
 - Knowledge deficit related to the etiology of the disease
 - Risk for impaired skin integrity related to the disease
 - Impaired skin integrity related to the disease process
16. The risk factor for suicide is
- One prior suicide attempt
 - Always talking about death
 - Person having a death wish
 - Calling people to say goodbye

17. The characteristic of schizotypal type of personality is
- Presence of close friends
 - Lacks ideas of preference
 - Presence of appropriate affect
 - Presence of Paranoid ideation
18. The following is **true** about primordial level of disease prevention
- Prevents emergence of risk factors
 - Involves treatment of risk factors
 - Involves the clients rehabilitation
 - Involves giving tetanus vaccinations
19. Moderate intellectual disability has the intelligent quotient levels of
- 35-49
 - 50-70
 - 20-34
 - Below 20
20. In response to stress, the nervous system
- Reduce the heart rate
 - Dilate blood vessels
 - Increase digestive activity
 - Raise blood pressure
21. Harmful alcohol use refers consumption over
- 29 units per week for men
 - 27 units per week for men
 - 20 units per week for women
 - 21 units per week for women
22. Amnestic disorders can be prevented by
- Refraining from abuse of alcohol
 - Ensuring intake of a diet rich in fats
 - Doing exercises three times a week
 - Ensuring cognitive engagement
23. Utilitarianism is based on the believe that
- Actions are bound by a sense of duty
 - The end results justifies the means
 - Do good and avoid evil
 - An eye is for an eye
24. Sexual satisfaction is obtained through the mouth in the
- Phallic stage
 - Oral stage
 - Biting stage
 - Genital stage
25. Spasms of muscles of face, neck, back, eye following antipsychotic therapy is
- Dystonia
 - Torticolis
 - Akinesia

- d) Akathisia
26. A type of therapy where the patient is helped to overcome their symptoms is
- a) Suggestive individual therapy
 - b) Supportive individual therapy
 - c) Pervasive individual therapy
 - d) Persuasive individual therapy
27. Loss of memory of events that occurred *before* the onset of the etiological condition/ agent is
- a) Anterograde amnesia
 - b) Retrograde amnesia
 - c) Amnestic amnesia
 - d) Complete amnesia
28. The document signed before admitting a psychiatric patient under the involuntary criteria is
- a) MOH 613
 - b) MOH 637
 - c) MOH 614
 - d) MOH 617
29. Which hypothetical structure contains the moral as dictated by a particular society
- a) Id
 - b) Ego
 - c) Superego
 - d) Super id
30. When doing a Mental Status Examination, insight is assessed by
- a) Assessing Patients' awareness about his illness
 - b) Determining the Level of consciousness
 - c) Determining the patients quality of association
 - d) Looking for the signs of logical thinking
31. A 28-year-old man has a preoccupation with his bowel movements. He is convinced that the recent irregularity represents occult cancer. Repeated examinations reveal no abnormalities. The most likely diagnosis is
- a) Panic disorder
 - b) Hypochondriasis
 - c) Somatization disorder
 - d) Conversion disorder
32. False sensory perceptions are referred to as:-
- a) Illusion
 - b) Flight of ideas
 - c) Delusion
 - d) Hallucinations
33. A child suffering from moderate mental retardation has an intelligent quotient of:-
- a) 20-25
 - b) 35-50
 - c) 50-70
 - d) Below 20

34. The diagnosis of cyclothymic disorder requires which of the following DSM IV criteria
- Repeated episodes of hypomania and depression
 - A minimum duration of six (6) months
 - At least one prior major depressive episode
 - At least one prior manic episode
35. A 30-year-old man presents with a 15-year history of dressing in women's clothing in order to become sexually aroused. He reports being comfortable with his male gender identity. His most likely diagnosis is:-
- Gender identity disorder
 - Transvestic fetishism
 - Transsexualism
 - Voyeurism
36. The following is true about Me-Peculiar type of personality
- Have ideas of preference
 - Their planning is insufficient
 - Are underhanded people
 - Are temperamental people
37. In acute phase of schizophrenia, the patient experiences
- True autistic thinking
 - Various body symptoms
 - Abandoning of life goals
 - Disregards social customs
38. The following belongs to cluster C of personality disorders
- Avoidant personality disorder
 - Borderline personality disorder
 - Schizoid personality disorder
 - Paranoid personality disorder
39. Which of the following groups are most commonly used for drug management of the hyperactive child?
- CNS depressants (e.g., diazepam [Valium])
 - CNS stimulants (e.g., methylphenidate [Ritalin])
 - Anticonvulsants (e.g., phenytoin [Dilantin])
 - Major tranquilizers (e.g., haloperidol [Haldol])
40. The following is true about psychogenic pain
- It begins slowly and is disabling
 - It's affected by emotional factors
 - It responds only to anxiolytics
 - It responds to antidepressants
41. A 15 year old girl sits in the corner weeping continually, This behavior could be
- Hypochondria
 - Regression
 - Paranoia
 - Fugue
42. Psychogenic pain

- a) Responds to antidepressants
 - b) Responds only to anxiolytics
 - c) Begins slowly and is disabling
 - d) Is affected by emotional factors
43. Which of the following statement is true about delusion of control
- a) I am the one who is responsible for the famine in Kenya
 - b) I am wicked, full of sins and unfit to live with other people
 - c) The filling put by the dentist in my tooth control what I think
 - d) You keep calling Esther, you must be in a relationship with her
44. A disorder where one feels like they are outside their body watching as an observer is known as
- a) Neurosis
 - b) Derealization
 - c) Psychogenic fugue
 - d) Psychogenic amnesia
45. Which of the following **best** describes post traumatic stress disorder (PTSD)
- a) Witnessing assault on a person would not qualify as sufficient trauma
 - b) Previous traumatic events do not influence the development of PTSD
 - c) The traumatic event must be outside the range of human experience
 - d) The traumatic event involves threat of death/ any physical injury
46. A dissociative disorder is
- a) Fetishism
 - b) Pedophilia
 - c) Frotteurism
 - d) Derealization
47. Which of the following is true about moderate mental retardation
- a) The level of IQ is between 51-70
 - b) The level of IQ is between 35-49
 - c) The level of IQ is between 21-34
 - d) The level of IQ is between 70-84
48. The priority nursing diagnosis for a child with autism is
- a) Knowledge deficit related to etiology of the disease
 - b) Risk for impaired skin integrity related to the disease
 - c) Impaired social interaction related to inability to trust
 - d) Impaired skin integrity related to the disease process
49. Mr. Oluoch keeps on his genitalia to unsuspecting strangers, he is suffering from
- a) Fetishistic transvestism
 - b) Sexual exhibitionism
 - c) Sexual voyeurism
 - d) Duotransvestism
50. The **priority** management for a patient with bipolar disorder is
- a) Pharmacotherapy using haloperidol
 - b) Pharmacotherapy with carbamazepine
 - c) Psychoanalysis to relieve the symptoms

- d) Group therapy to enhance socialization
51. An appropriate diagnostic label for a patient presenting with senile dementia is :
- a) Risk of injury
 - b) Chronic pain
 - c) Altered conscious level.
 - d) Impaired skin integrity.
52. In amnesic disorders:
- a) The aetiology is chemical transmission of impulses.
 - b) Ability to learn new information is not affected.
 - c) Symptoms vary depending on location of damage
 - d) Patient has insight regarding their problem.
53. Supportive therapy for the patient with delirium include:
- a) Medications such as haloperidol.
 - b) Reversal of suspected aetiologies
 - c) Adequate lighting of patient's room.
 - d) Treatment of other manifestations.
54. Components of the therapeutic milieu include:
- a) Clear limits on behavioural expectations.
 - b) Patient's freedom on what they can do.
 - c) Understanding and acceptance of patient's behaviour.
 - d) Availability of family members near facility.
55. A patient with an existing cardiac disease has just had ECT. The nurse should be on the lookout for:
- a) Cardiac arrest
 - b) Myocardial ischemia
 - c) Cessation of dysrhythmia
 - d) Cardiovascular accident
56. The nurse is careful to remind the patient on monoamine oxidase inhibitors not to consume:
- a) Whole grain
 - b) Dried fish
 - c) Fermented porridge
 - d) Roasted pork.
57. Continuous motor restlessness witnessed after the patient is started on antipsychotic drugs is termed as:
- a) Opsthotonus
 - b) Akathisia
 - c) Akinesia
 - d) Shuffling gait.
58. The nurse notes that a patient psychotherapy is not making progress towards the goal. The appropriate action would be:
- a) Give self more time to catch up.
 - b) Re-look at the goals and make them more realistic.
 - c) Refer to another nurse for continuation of therapy.
 - d) Discharge patient as he has little potential to benefit.

59. Persisting response to a prior stimulus is termed as:
- Echolalia
 - Perseveration
 - Circumstantialities
 - Tangentiality.
60. A patient with exaggerated conception of one's importance or power is termed as:
- Delusion of grandeur
 - Delusion of control
 - Delusion of power
 - Delusion of wealth
61. The nurse notes that patient A is obsessed with cleanliness. She concludes that the patient has fixation in:
- Oral stage
 - Anal stage
 - Phallic stage
 - Latent phase
62. During history taking of a patient with a psychiatric disorder, the nurse notes that the patient lost his job three months ago. He concludes that this is a:
- Predisposing factor
 - Precipitating factor
 - Perpetuating factor
 - Etiologic factor.
63. The nurse forces a patient to take his medication against his will, out of the understanding that the medication will make the patient better. This is termed as:
- Beneficence
 - Autonomy
 - Paternalism
 - Veracity
64. The individual seeking voluntary admission fills form MOH:
- 613
 - 614
 - 612
 - 637
65. Upon review of patients notes, the nurse observes that the patient had delirium on admission. She **correctly** interprets this to mean:
- Unclear mindedness or thinking
 - Disturbance in the way he experiences himself.
 - Acute state of confusion
 - Un-arousable state with deep unconsciousness.
66. During assessment, the nurse notes that the patient is talking as if he is being driven to do so, and it is difficult to interrupt him. She correctly documents this as:
- Disarthria
 - Aphasia
 - Pressured speech

- d) Confabulation
67. The patient sees a rope and jumps around saying it is a snake. This is termed as:
- a) Delusion
 - b) Illusion
 - c) Hallucination
 - d) Perception
68. The nurse observes that the patients thinking and speech shift rapidly from one subject to another. She concludes that most likely the patient has:
- a) Schizophrenia
 - b) Depression
 - c) Sleep deprivation
 - d) Mood disorder
69. Checking through patients records and talking with significant others to find information about the patient, is one of these phases of therapeutic nurse- client relationship:
- a) Pre- interactive phase
 - b) Orientation phase
 - c) Introductory phase
 - d) Working phase
70. An example of low potency antipsychotic is:
- a) Serenace
 - b) Chlorpromazine
 - c) Navane
 - d) Loxitene
71. A schizophrenic patient with delusions and hallucinations is likely to be in the
- a) Residual phase
 - b) Chronic phase
 - c) Relapse phase
 - d) Acute phase
72. Master X is always pre-occupied with the need to have a vagina rather than a penis, he is suffering from
- a) Gender identity
 - b) Trans-sexualism
 - c) Duo transvestism
 - d) Psychogenic fugue
73. The purpose of rationalization as a defense mechanism is to
- a) Helps a person cope with inability to acknowledge inappropriate behavior
 - b) Temporarily isolate a person from full impact of a traumatic situation
 - c) Allow a person to trivialize responsibility for behavior
 - d) Allow person to deny existence of shortcoming
74. Personality disorders are classified under
- a) Axis 1
 - b) Axis 11
 - c) Axis 111
 - d) Axis IV

75. The following is **true** about schizoid personality
- Sexual experiences of little interest
 - They experience unusual perceptions
 - They lack conformance to the law
 - Have a tendencies of being dramatic
76. A characteristic of neurosis includes
- Reality testing is usually grossly affected
 - The individuals always violate social norms
 - The individual's functioning is significantly impaired
 - Follows psychosis in severe conflict with coping mechanisms
77. Children with autism
- Usually withdraw into a fantasy world of their own
 - Have elevated levels of dopamine neurotransmitters
 - Are highly distractible and unable to contain any stimuli
 - Have excessive movements that are random and impulsive
78. Psychogenic pain
- Is usually affected by emotional factors
 - Varies in intensity from time to time
 - Responds to anxiolytics only
 - Responds to antidepressants
79. Generalized anxiety disorder
- An unpredicted acute attack of anxiety
 - A mental illness characterized by apathy
 - Uncontrolled worry persisting for 3 months
 - Uncontrolled worry persisting for 6 months
80. Children with moderate mental retardation
- May be associated with other physical disorders
 - Are capable of academic skills up to sixth-grade level
 - Are not able to benefit from academic/vocational training
 - Perform some activities independently with minimal supervision
81. Harmful alcohol use refers consumption over
- 29 units per week for men
 - 27 units per week for men
 - 20 units per week for women
 - 21 units per week for women
82. A group of drugs that act by increasing epinephrine/serotonin are
- Antipsychotics
 - Anxiolytics
 - Antidepressants
 - Agonistics
83. In which historical period of psychiatry nursing was occupational therapy introduced
- Demonological period
 - Historical period
 - Scientific period

- d) Humanitarian period
84. A type of individual psychotherapy where the individual is helped to cope with current problems is
- a) Supportive psychotherapy
 - b) Suggestive psychotherapy
 - c) Persuasive psychotherapy
 - d) Pervasive psychotherapy
85. Electroconvulsive therapy is contraindicated for patients who have
- a) Pheocromocytoma, Gastroenteritis
 - b) Retinal detachment, Liver cirrhosis
 - c) Pheocromocytoma, Vascular aneurysm
 - d) Vascular aneurysm, Liver cirrhosis
86. Amnestic disorders can be prevented by
- a) Refraining from abuse of alcohol
 - b) Ensuring intake of a diet rich in fats
 - c) Doing exercises three times a week
 - d) Ensuring cognitive engagement
87. Which one of the following is a mood disorder
- a) Anhedonia
 - b) Disarthria
 - c) Echopraxia
 - d) Cataplexy
88. Persistent response to a prior stimulus after a new stimulus has been presented is
- a) Echolalia
 - b) Neologism
 - c) Perservation
 - d) Alexythymia
89. When doing a Mental Status Examination, judgment is assessed by
- a) Assessing Patients' awareness about his illness
 - b) Determining the Level of consciousness
 - c) Determining the patients quality of association
 - d) Looking for the signs of logical thinking
90. Which of the following is true about affect
- a) It's a dream-like change in one's consciousness
 - b) It's an objective sign of feelings or emotions
 - c) It's a subjective sign of feelings or emotions
 - d) It's lack of restraint in expressing one's feelings
91. Agoraphobia is
- a) Fear of being away from home or familiar places
 - b) Fear of acting in a humiliating way before other people
 - c) Fear due to a specific object/situation e.g. snake
 - d) Fear of talking in front of very many people
92. The following is true about bipolar 1
- a) There is alternation of hypomania and major depression

- b) There is alternation of hypomania and low grade depression
 - c) There is alternation of extremes of both mania and depression
 - d) There is alternation of low grade depression and mania
93. The following is a positive symptom of schizophrenia
- a) Anhedonia
 - b) Hallucinations
 - c) Alogia
 - d) Incoherence
94. In regard to sexual sadism
- a) Arousal is through experiencing suffering from the opposite partner
 - b) Arousal is due to exposure of one's genitalia to unsuspecting strangers
 - c) Arousal is due to physical/psychological humiliation of opposite partner
 - d) Arousal is by observing unsuspecting person of opposite sex when they are naked
95. The following is a risk factor to suicide
- a) Psychiatric disorders
 - b) Physical disorders
 - c) Psychosocial factors
 - d) Previous suicidal attempts
96. The following is true about moderate mental retardation
- a) Intelligent quotient is between 35-59
 - b) Intelligent quotient is between 35-68
 - c) Intelligent quotient is between 35-49
 - d) Intelligent quotient is below 20
97. A cognitive manifestation of stress is
- a) Aggression
 - b) Anger
 - c) Prayer
 - d) Fear
98. Compensation is
- a) Covering up weakness by emphasizing a more desirable trait
 - b) An attempt to ignore unacceptable realities by refusing to acknowledge them
 - c) Not acknowledging the significance of an individual/individuals behavior
 - d) Projecting short comings or feelings on to other individuals/people
99. Paranoid personality disorder is characterized by
- a) Latent affect
 - b) Absence of close friends
 - c) Indifference to criticism
 - d) Suspicion of others
100. The following is a manifestation of altered coping
- a) Depression
 - b) Diet
 - c) Activity
 - d) Rest
101. Mental health Act is under

- a) Cap 257
 - b) Cap258
 - c) Cap 248
 - d) Cap247
102. Patients ability to modify behavior is determined by will power in
- e) Suggestive individual therapy
 - f) Supportive individual therapy
 - g) Pervasive individual therapy
 - h) Persuasive individual therapy
103. Dr. Philippe Pinel unchained a group of patients who had been in chains for 30 years in the
- a) Demonological period
 - b) Humanitarian period
 - c) Scientific period
 - d) Political period
104. Interest in the genitalia is developed in the
- a) Genital phase
 - b) Oral phase
 - c) Anal phase
 - d) Phallic phase
105. Non malficence of the belief that one should
- a) Abstain from negative acts towards another
 - b) Promote good towards others at all times
 - c) Be given a chance to determine their destiny
 - d) Always speak the truth at any given time
106. A police officer who has brought a patient to be admitted under emergency section will sign
- a) MOH 615
 - b) MOH 614
 - c) MOH 637
 - d) MOH 638
107. Transference is when the
- a) Patient perceive the nurse as his daughter and starts behaving with her like a father
 - b) When the nurse perceives a male patient like her father so declines to serve him
 - c) Patient perceives the nurse more significant individual to him hence mistreats him
 - d) The nurse falls in love with the patient making her uncomfortable with the patient
108. Which of the following drug is an antidepressant
- a) Lorazepam
 - b) Imipramine
 - c) Largactil
 - d) Artane
109. A patient on haloperidol has spasms of the facial muscles, he is manifesting with
- a) Oculogyric crisis

- b) Dystonia
 - c) Torticollis
 - d) Nunchal monoliasis
110. Tolerance can be defined as
- a) A compulsion to take drugs to avoid the discomfort due its absence
 - b) A pathological pattern of drug use where one experiences loss of control
 - c) The need for more of a drug to achieve a similar effect realized at a lower dose
 - d) Development of a substance specific syndrome due to ingestion of a substance
111. When doing a Mental Status Examination, thought process is assessed by
- a) Assessing Patients' awareness about his illness
 - b) Determining the patients quality of association
 - c) Determining the Level of consciousness
 - d) Looking for the signs of logical thinking
112. A disorder where one feels like they are outside their body watching as an observer is known as
- a) Neurosis
 - b) Derealization
 - c) Psychogenic fugue
 - d) Psychogenic amnesia
113. A defense mechanism that protects a person from traumatic experience until he/she has resources to cope is
- a) Repression
 - b) Regression
 - c) Compensation
 - d) Displacement
114. The curative benefits that a patient can gain in group psychotherapy are
- a) Improved adjustment to reality, Learning to be free from the therapist
 - b) Enhances socialization, Helps in development of new technical skills
 - c) Modification of personality and character, It enhances socialization
 - d) Helps in development of new technical skills, Enhances socialization
115. Which of the following belongs to cluster B of personality disorders
- a) Avoidant personality disorder
 - b) Borderline personality disorder
 - c) Schizoidal personality disorder
 - d) Paranoid personality disorder
116. Loss of memory of events that occurred *after* the onset of the etiological condition/ agent is
- a) Anterograde amnesia
 - b) Retrograde amnesia
 - c) Amnestic amnesia
 - d) Complete amnesia
117. An impairment in the understanding or transmission of ideas by language is
- a) Echopraxia

- b) Jargon
 - c) Aphasia
 - d) Shneider
118. Which hypothetical structure contains the moral as dictated by a particular society
- a) Id
 - b) Ego
 - c) Superego
 - d) Super id
119. Mr. X keeps on imitating the movements of other patients in the ward, he is suffering from
- a) Echolalia
 - b) Echopraxia
 - c) Catatonia
 - d) Cataplexy
120. Which of the following statement is **true** about delusion of control
- a) I am wicked, full of sins and unfit to live with other people
 - b) The filling put by the dentist in my tooth control what I think
 - c) I am the one who is responsible for the famine in Kenya
 - d) You keep calling Esther, you must be in a relationship with her
121. **False** sensory perceptions are referred to as:-
- a) Illusions
 - b) Delusions
 - c) Hallucinations
 - d) Perseveration
122. The following is **true** about psychogenic pain
- a) It responds only to strong analgesics
 - b) It responds to antidepressants
 - c) It begins slowly and is disabling
 - d) It responds to anxiolytics
123. During a voluntary admission, **one** is required to fill form:-
- a) MOH 613
 - b) MOH 637
 - c) MOH 614
 - d) MOH 615
124. Electro convulsive therapy is contra indicated in **one** of the following conditions.
- a) Schizophrenia
 - b) Affective disorders
 - c) Organic brain syndromes
 - d) Pregnancy and child birth psychosis
125. The negative psychotic symptoms in schizophrenia includes.
- a) Bizarre behavior, alogia
 - b) Illusions, affective blunting
 - c) Asociality, delusion
 - d) Alogia, anhedonia

126. During mental status examination, the following are the cognitive functions assessed.
- Posture, insight, abstract reasoning.
 - Concentration, judgement and speech
 - Mode of dressing, memory and mood.
 - Personal hygiene, orientation and insight
127. Factors that increase the risk of completed suicide include.
- Staying single, social isolation, suicidal gestures.
 - Social isolation, presence of guilt, female gender.
 - Presence of guilt, male gender, previous suicidal attempts
 - Previous suicidal attempts, age less than 40 years, staying single.
128. The initial nursing intervention on admitting an aggressive patient is to.
- Ensure a safe environment for him and others
 - Place him in leather restraints
 - Take thorough history quickly
 - Ensure an injection of chlorpromazine
129. The drug of choice in a hyperkinetic childhood disorder is.
- Phenothiazenes e.g. largactil
 - Central nervous depressant e.g. valium
 - Central nervous stimulants e.g. ritalin
 - Anticonvulsants e.g. phenobarbitone.
130. The **three** components of personality according to Sigmund Freud are
- Id, ego, superego.
 - Id, ego, unconscious
 - Id, conscious, unconscious.
 - Preconscious, ego, superego
131. High potency antipsychotic drugs include.
- Largactil, sulpride
 - Sulpride, melleril
 - Haldol, Navane
 - Haldo, Domatil
132. The principle of being truthful to a psychiatric patient is known as
- Justice
 - Veracity
 - Kantianism
 - Utilitarianism
133. The following age is **correct** according to social learning theory stages.
- Initiative versus guilt 6-12 years
 - Autonomy versus shame 0-18 years
 - Intimacy versus isolation 20-30 years
 - Identity versus role confusion 31-45 years
134. The worldwide point prevalence of schizophrenia is **best** estimated at:-
- 7.5%
 - 2.5%
 - 5.0%

- d) 1.0%
135. The fear of losing control, fear of going crazy and fear of dying are common symptoms of:-
- Social phobia
 - Delirium
 - Panic attacks
 - Suicide
136. The train of thoughts ,where a patient gives lengthy and unnecessary details before finally answering the question asked during a psychiatric interview is
- Tangentiality
 - Circumstantiality
 - Flight of ideas
 - Loose association
137. A conscious and intentional production of mental illness symptoms for primary personal gain is referred to as:-
- Factitious disorder
 - Antisocial disorder
 - Conversion disorder
 - Somatization disorder
138. A client is very hostile towards **one** staff for no apparent reason. The client is manifesting:-
- Splitting transference
 - Negative transference
 - Counter transference
 - Positive transference
139. Persistent response to a prior stimuli is referred to as:-
- Hallucinations
 - Echolalia
 - Echopraxia
 - Perseveration
140. A 40 year old woman is housed by a friend who makes all her decisions. She becomes extremely uncomfortable when her friend plans to leave for three week. Which personality disorder **best** explains this person?
- schizoid
 - Borderline
 - Dependent
 - Histrionic

PART II: SHORT ANSWER QUESTIONS

MARKS

- Define the following terms
 - Neologism
 - Circumstantiality
 - Delusion
 - Psychoanalysis

1
1
1
1

2. Outline three(3) hypothetical structures that constitute the human personality	3
3. Explain the five (5) DSM1V classifications of mental disorders	5
4. Outline five(5) effects of substance abuse	5
5. Explain the three (3) domain of the Mental Status Examination	3
6. Outline four(4)the specific management of a patient with episodic dyscontrol/ aggressive behavior	4
7. Explain three(3) approaches of managing somatization disorder	3
8. State four(4) characteristics of psychogenic pain	4
9. Explain the specific management of attention-deficit hyperactivity disorder	5
10. State four(4) defense mechanisms	4
11. Define the following terms	
a) Psychiatry	1
b) Tolerance	1
c) Hallucination	1
12. State three(3) causes of mental illness	3
13. Explain four(4) tasks of the orientation phase in therapeutic Nurse- client relationship	4
14. Outline five(5) offences in psychiatric nursing	5
15. State five(5) types of mood	5
6. Outline four(4) signs and symptoms of episodic dyscontrol	4
7. State four(4) warning signs for committing suicide	4
8. State four (4)types of somatization disorders	4
9. State five(5) services provided to the community with the aim of reducing the prevalence of psychiatric illness by shortening the duration of the illness	5
10. Outline three(3) defense mechanisms	3
11. Outline three(3) symptoms of aggressive behavior	3
12. Explain five(5) types of anxiety disorders	5
13. State five(5) characteristics of paranoid personality disorders	5
14. State four(4) clinical assessments for a suicidal patient	4
15. Outline three(3) factors that affect stress coping patterns	3
16. Explain 3 characteristics of a mentally healthy person.	6
17. Outline five nursing diagnoses for a patient pre- electroconvulsive therapy.	5
18. Outline 4 nursing interventions for a patient with dementia.	4
19. Outline 5 biological factors that can lead to mental illness.	5
20. Explain five (5) social cultural factors that can lead to mental illness.	5
21. Outline five (5) nursing diagnoses appropriate for a patient post Electro-convulsive therapy (ECT)	5
22. Outline five (5) nursing interventions appropriate for a patient with dementia.	5
23. State five (5) effects of substance abuse.	5
24. State six(6) types of paraphilias	6
25. Outline four(4) causes of aggressive behavior	4
26. List eight(8) symptoms of depression	4
27. Explain the process of crisis intervention	6
28. State five(5) characteristics of a mentally healthy person	5

29. List any six(6) areas captured by the DSM V classifications of disease	3
30. Explain five (5) ethical principles applied in psychiatric nursing	5
31. Outline four(4)roles of a nurse in the rehabilitation team	4
32. Describe the management of dementia	3
33. State four signs and symptoms of episodic dyscontrol	4
34. Outline four ways of managing puerperal psychosis	4
35. State five characteristics of neurosis	5
36. Outline five nursing diagnoses for a patient with autistic disorder	5
37. State two etiological implications for attention deficit hyperactivity disorder	2
38. Outline five(5) characteristics of a mentally healthy person	5
39. State the three(3) levels of awareness according to the psychoanalytic theory	3
40. Outline the acronym SUSPECT of paranoid personality disorder	6
41. List any eight(8) areas captured by the DSM V classification of mental illness	4
42. State six(6) principles/ qualities of psychiatric nursing	6
43. List eight(8) clinical manifestations of mania	4
44. State any six(6) sexual disorders	6
45. Explain how you would manage a patient on a crisis	6
46. Explain the following ego defense mechanisms giving an example in each.	
i. Projection	2
ii. Sublimation	2
iii. Reaction formation.	2
47. Outline the four types of mental retardation.	4
48. State five types of delusions.	5
49. Explain the emergency mode of admission.	5
50. List six (6) characteristics of a mentally health person	3
51. State three (3) types of gender identity disorders	3
52. Outline five (5) domains of a mental status assessment	5
53. State five (5) extra-pyramidal side effects of anti-psychotics	5
54. Differentiate Mania from Hypomania	4

PART III: ESSAY / LONG ANSWER QUESTIONS

MARKS

- | | |
|---|----|
| 1. Mr. Mash is admitted to the psychiatry unit with severe depression, he is scheduled for Electroconvulsive Therapy (ECT) as part of his management. | |
| a) Define ECT | 1 |
| b) Apart from severe depression, outline three(3) indications of ECT | 3 |
| c) Explain the nursing care for Mr. Mash | 12 |
| d) Sate four(4) adverse effects of ECT | 4 |
| 2. Michael threatened to commit suicide after the death of his parents. | |

- He always talked about death and had a death wish at all times. He was not able to use his defense mechanisms hence plunged into a crisis.
- a) Define crisis 1
 - b) State four characteristics of crisis 4
 - c) Explain Caplan's four(4) phases of crisis 4
 - d) Describe the specific management of Michael's crisis 11
3. Mr. X is admitted in a psychiatry unit; the doctor examines him and prescribes Electro-convulsive Therapy (ECT).
- e) Outline three(3) indications of ECT 3
 - f) List four(4) contraindications of ECT 2
 - g) Describe the pre, during and post ECT nursing care of Mr. X 12
 - h) State three(3) adverse effects of ECT 3
4. Mrs. Jacob has been diagnosed with puerperal psychosis and admitted in psychiatric ward.
- a) Define puerperal psychosis 1
 - b) Outline three(3) risk factors for developing puerperal psychosis 3
 - c) State five(5) signs and symptoms of puerperal psychosis 5
 - d) Describe the management of Mrs. Jacob during the first 48 hours of admission 11
5. Mr. Hornbill has been diagnosed with schizophrenia
- a) State the four(4) types of schizophrenia 4
 - b) Outline five(5) signs and symptoms of schizophrenia in the acute phase 5
 - c) Describe the specific management of Mr. Hornbill 11
6. Mr. Kamatini is admitted in your psychiatric unit with allegations of aggression. He is a known alcoholic.
- a) Outline five (5) principles/ qualities that the nurse should apply as she cares for this patient. 5
 - b) List six (6) clinical features the patient may present with, **other** than aggression. 3
 - c) Describe his specific management in the first 48 hours. 12
7. Mrs Kimkim, a known alcoholic, has been admitted in to your psychiatric unit with delirium.
- a) Other than alcohol related events, list four (four) other causes of delirium 2
 - b) List down 6 (six) clinical features that Mrs Kimkim may present with 3
 - c) Using the nursing process, describe the management of Mrs Kimkim, whose delirium has been confirmed to be secondary to alcohol intoxication. 15
8. Mr. Mule was found unconscious after ingesting poison in an attempt to commit suicide
- a) State four(4)clinical assessments for a suicidal patient 4
 - b) Outline five(5) warning signs of suicide 5
 - c) Describe the specific management of Mr.Mule from admission to discharge11

9. Master Zungu a 15 year old boy has been brought to the psychiatric unit by her mother with complaints of bizarre behavior. A diagnosis of drug induced psychosis has been made.
- a) Explain the mode of admission for Master Zungu 2
 - b) List six(6) requirements of a therapeutic nurse client relationship 3
 - c) With examples, differentiate between transference and counter transference 3
 - d) If you were the admitting nurse, describe how you would ensure a therapeutic nurse client relationship with Master Zungu 12
10. Miss X has been diagnosed with borderline personality disorder.
- a) Define borderline personality disorder 1
 - b) State five(5) characteristics Miss X may have presented with for the above diagnosis to be made 5
 - c) Describe the nursing management you will give Miss X during the first 24 hours of admission
- 14
11. Mr. X is admitted to the psychiatry unit; a doctor examines him and prescribes Electro-convulsive Therapy (ECT).
- i) Outline three(3) indications of ECT 3
 - j) List four(4) contraindications of ECT 2
 - k) Describe the specific nursing care for Mr. X 12
 - l) State three(3) adverse effects of ECT 3
12. Master Lee has been diagnosed with schizophrenia
- a) State the four(4) types of schizophrenia 4
 - b) Outline five(5) signs and symptoms of schizophrenia in the acute phase 5
 - c) Describe the specific management of Master Lee 11
13. Mr. Kay a college dropout aged 20 years is brought to psychiatric unit by his parents. The parents report that he has been looking at them strangely and refuses to talk to them for the past one month. A diagnosis of schizophrenia is made.
- a) Explain the mode of admission for Mr.Kay. 2
 - b) State five(5) nursing diagnoses you would come up with concerning Mr. Kay's care 5
 - c) Describe the specific nursing management of Mr. Kay till discharge. 13
14. Mr. Tea, a 28 years old man is brought to the psychiatric unit by his wife with a history of talking a lot and wandering at night. As the psychiatric nurse in the unit, you are tasked to establish a therapeutic relationship with this client.
- a) State the most likely mode of transmission for Mr. Tea 1
 - b) List six (6) essential conditions for a therapeutic relationship 3
 - c) Describe the four(4) phases of a therapeutic nurse-client relationship giving the objectives of each phase 12
 - d) State four (4) barriers you may encounter in the therapeutic relationship 4

