



UNIVERSITY OF NAIROBI  
 COLLEGE OF HEALTH SCIENCES  
 SCHOOL OF MEDICINE  
 DEPARTMENT OF PSYCHIATRY

FIFTH YEAR EXAMINATIONS FOR THE DEGREE OF BACHELOR OF MEDICINE  
 AND BACHELOR OF SURGERY

PSYCHIATRY CAT - 9/7/2014 AT 7.00 A.M. TO 8.45 A.M.

INSTRUCTIONS

For section A choose the best response from the five options given after each statement

Attempt all questions

Only one response may be chosen per question

A correct response earns one mark

No marks will be awarded for an incorrect response

No marks will be subtracted for a wrong response

Use the answer sheet provided to record your answer (s) by marking the appropriate box(es).

Caution should be taken when considering ECT on Patients suffering from the following

- A) Controlled hypertension
- B) Pregnant
- C) Febrile convulsions in childhood
- D) Cerebral aneurysm
- E) All of the above are true

Spasms occurring before  
 Brain neoplasm  
 Uncontrolled hypertension

The following sleep disorders are dysomnias except

- A) Nightmare
- B) primary hypersomnia ✓
- C) narcolepsy ✓
- D) breathing-related sleep disorders ✓
- E) circadian rhythm sleep disorder ✓

Primary insomnia  
 Breathing related sleep  
 circadian rhythm

Anticonvulsants in Psychiatry are used in the management of the following except

- A) Alcohol withdrawal
- B) Mania
- C) Schizoaffective disorder
- D) Depression
- E) Alcoholic hallucinosis

In generalized anxiety disorder, the following is contraindicated

- A) Coffee
- B) Milk
- C) Beta blockers
- D) Benzodiazepines
- E) SSRIs (Selective Serotonin Reuptake Inhibitors)

The following is true regarding a violent patient

- A) Is psychiatric emergency
- B) The therapist should assume an aggressive attitude
- C) Intravenous chlorpromazine is used for rapid neuroleptization
- D) The doctor requires at least 1 hour for interviewing relatives and others accompanying him/her before commencing treatment
- E) Will normally attack medical staff in uniform

The following is true for Postpartum depression

- A) Common among Primigravida
- B) Same as postpartum blues
- C) Have a history of psychiatric hospitalization
- D) Basically a schizophrenia manifesting at child birth
- E) ECT is contraindicated

The following is atypical antipsychotic drugs except

- A) Clonazepam
- B) Olanzapine
- C) Clozapine
- D) Risperidone
- E) Quetiapine

The most common psychiatric disturbance associated with Cushing's disease is

- A) Depression
- B) Mania
- C) Mixed affective state
- D) Schizophrenia
- E) Dementia

Which of the following is an early sign of prolonged grief?

- A) Self-blame regarding the death
- B) Shock and disbelief
- C) Clinging behavior
- D) Anxiety when reminded of loss
- E) Brief hallucinations

Clinging behavior may be early sign of prolonged grief

10. Evaluation of thyroid function may be particularly helpful in the diagnosis and treatment of which one of the following conditions

- A) Phobic disorder
- B) Schizotypal personality disorder
- C) Major depression
- D) Schizophrenia
- E) None of the above

hypothyroidism

11. The importance of an objective history is demonstrated in establishing the diagnosis of sleep apnea. The patient's bed partner, through not necessarily the patient, is likely to report all the following EXCEPT

- A) Agitated behavior
- B) Loud snoring
- C) Sleep walking
- D) Gasping
- E) Bed wetting

Death  
Parosmia  
Loud excessive snoring

12. Brain-imaging techniques, such as computer tomography (CT), would be most useful in evaluating

- A) Bipolar disorder
- B) Schizophrenia
- C) Panic disorder
- D) Alzheimer dementia
- E) Sleep apnea

Alzheimer's disease

13. For mood stabilizers the following is true

- A) Are usually not given to patients with Bipolar I Mood Disorder
- B) Sodium Valproate is suitable in patients with rapid cycling of mood
- C) Lithium Carbonate is no longer used for mood stabilization
- D) Quatipine is a mood stabilizer
- E) Are usually used in the first 3 months of treatment only

14. The following is a parasomnia

- A) Nightmare disorder
- B) Narcolepsy
- C) Primary insomnia
- D) Breathing related sleep disorder
- E) Primary hypersomnia

Parasomnias  
Nightmares  
Sleepwalking  
Sleep talking

sleep ds - dysomnias  
Parasomnias: nightmare

15. Hypersomnia is likely to be due to

- A) Depression
- B) Schizophrenia
- C) Mania
- D) Bone fracture
- E) Anxiety disorder

16. In treatment of insomnia

- A) High doses of hypnotics are recommended for most patients
- B) Dependence rarely occur
- C) Patient should not know what drug they are on since they are likely to abuse it
- D) Zolpidem may be used
- E) There is little or no need for investigation

17. Postpartum Psychosis

- A) Is an example of psychotic disorder not otherwise specified in DSM-IV
- B) Poses no danger to the patient and others
- C) There is no relationship between the disorder and Bipolar I Mood disorder
- D) Hormonal treatment has been found to be effective
- E) Most women develop the disorder during their third or more deliveries

18. A clinical feature of postpartum psychosis is

- A) Delirium
- B) Confabulation
- C) Hypersomnia
- D) Passivity phenomena
- E) Delusion in 50%

19. Which one of the following is not a parenting factor that influences parent choice

- A) Parental neglect
- B) The career of parent
- C) Gender role socialization
- D) Parental pressure
- E) Age of parents

20. Which of the following is a relative contradiction in a case of alcohol withdrawal delirium

- A) Diazepam
- B) Lorazepam
- C) Carbamazepine
- D) Chlorzoxazone
- E) Chlordiazepoxide

21. Tolerance does not develop to which of the following symptoms/signs in opiate dependence?

- A) Sedation
- B) Euphoria
- C) Constipation
- D) Miosis
- E) Insomnia

Handwritten notes on the right side of the page:

- used in alcohol withdrawal syndrome
- alcohol withdrawal syndrome
- High tolerance → anhedonia, euphoria, miosis, miosis
- moderate → Buprenorphine
- Low tolerance → anhedonia, euphoria, miosis, miosis
- anhedonia
- anhedonia

Schneider (1957)

2. Which of the following is NOT a first-rank symptom of schizophrenia?  
 A) Waxy flexibility  
 B) Somatic hallucinations  
 C) Delusional perception  
 D) Thought withdrawal  
 E) Made volitions
3. The most reliable predictor of violence is  
 A) Abuse of alcohol  
 B) A history of previous violence  
 C) The presence of delirium  
 D) Availability of weapons  
 E) Presence of psychotic thinking
4. An example of a specific phobia is fear of  
 A) Horses  
 B) Public transportations  
 C) Pupils  
 D) Social situations  
 E) Crowds
5. A 25 year old woman who recently had an extramarital affair feels that her physician disapproves strongly of her behaviour, which is not really objectionable. This is an example of the defence of  
 A) Denial  
 B) Repression  
 C) Reaction formation  
 D) Isolation  
 E) Projection
12. Which of the following is not a good approach to a psychiatric interview  
 A) Trying to establish rapport  
 B) Being non-judgmental  
 C) Being sympathetic  
 D) Seeking clarification of statement not understood  
 E) Tolerating silence
12. Which of the following is no true of a mental status  
 A) Speech can be coherent but irrelevant  
 B) Affect is the subjective expression of emotion  
 C) Flight of ideas are a component of thought disorder  
 D) Loosening of associations is a thought disorder  
 E) Depersonalization is a perceptual disorder

First rank symptoms  
Delusion of possibility

Specific phobia  
Anxiety, fear, worry

Defence  
Denial  
Repression  
Reaction formation  
Isolation  
Projection

subjective  
objective - affect

28. Which of the following is not assessed under cognitive functions

- A) Consciousness ✓
- B) Memory ✓
- C) Orientation ✓
- D) Circumstantiality ✓
- E) Insight ✓

29. Regarding death and dying,

- A) Doctors should block the belief or enable their own deaths to help them cope with dying patients.
- B) Exploiting the patients beliefs about death is prohibited.
- C) Doctors should ensure that they allow their patients wish to die be implemented.
- D) Euthanasia is legal in Kenya.
- E) Depression may occur in patients suffering from terminal condition.

30. Bad prognostic feature in post traumatic stress disorder is

- A) Rapid onset of symptoms ✓
- B) Short duration of symptoms (less than 6 months) ✓
- C) Good pre morbid functioning ✓
- D) Strong social support ✓
- E) Presence of other psychiatric disorders ✓

31. Conversion disorder

- A) Always requires pharmacotherapy X
- B) May present as mutism ✓
- C) Suicide is a common sequel.
- D) Psychotherapy is rarely necessary X
- E) Is rare in those aged below 30 years X

32. Which of the following statements is not true of psychiatric emergencies

- A) Severe depression can lead to homicidal acts ✓
- B) Delirium tremens can be fatal ✓
- C) Manic patients may be attacked (mob justice) because of indiscrete disinhibited behaviour ✓
- D) Parasuicide is commoner in males than females X
- E) Alcohol intoxication is a common cause of road traffic accident ✓

33. Which of the following is not a behavioral technique?

- A) Aversive conditioning ✓
- B) Modeling ✓
- C) Positive reappraisal ✓
- D) Contingency management ✓
- E) Flooding ✓

34. Which of the following is incorrect about characteristics of a neglectful mother?
- A) Chronically passive and withdrawn
  - B) Socially isolated
  - C) Those who suffered neglect and rejection at the hands of their own mother
  - D) Those who suffer from depression
  - E) Overprotective and over concerned mothers

35. Which of the following is not true? Children who develop pathological grief are
- A) those who had pre-existing psychiatric disorders  $\times$
  - B) Those with family history of psychiatric disorders
  - C) Those with dysfunctional family circumstances
  - D) Those allowed to express their grief openly
  - E) those with history of previous trauma

36. When handling children's questions about death and dying, the following is inappropriate:
- A) Telling the child that the dead person is just sleeping or has gone to heaven
  - B) Using words like "dead", "stopped working" and "worn out" to establish the fact that the body is biologically dead
  - C) Answering children's questions honestly about death and dying  $\checkmark$
  - D) Allowing children to attend the funeral and to visit the dying patient in hospital
  - E) Explaining death in clear and simple terms  $\checkmark$

37. The following is a treatment of mania.

- A) Fluoxetine
- B) Propranolol
- C) Benzethexol chloride
- D) Mirtazapine
- E) Sodium valproate

38. Transference

- A) Is similar to counter transference  $\rightarrow$  Therapist has feelings for client
- B) Occurs in short term psychotherapy  $\rightarrow$  long term
- C) Therapist should ignore it and proceed with therapy
- D) Therapist should counter it with counter transference  $\times$
- E) May hinder treatment progress if not properly addressed

39. Which one of the following signs and symptoms best describes Wernicke's encephalopathy.

- A) Conitabulation is always present  $\times$  *Wernicke's*
- B) Difficulty learning new materials is so characteristic  $\checkmark$  *Wernicke's*
- C) Peripheral neuropathy is very disabling
- D) Brain stem hemorrhages usually occur
- E) It is a chronic condition  $\times$

*1*  
*Triad of*  
*- ophth*  
*- confu*  
*- Atax*

40. Amongst the following, which is the odd one out

- A) Paroxetine - SSRI
- B) Fluoxetine - SSRI
- C) Fluvoxamine - SSRI
- D) Sertraline - SSRI
- E) Risperidol

41. Delirium EXCEPT

- A) Is a clinical syndrome
- B) Is transient, reversible
- C) Has an acute or sub acute onset
- D) Delirium itself is a disease
- E) Is symptomatic manifestation of early brain or mental dysfunction

42. Signs and symptoms of withdrawal of alcohol include the following EXCEPT

- A) Elevation of systolic blood pressure
- B) Sweating
- C) Fever
- D) Euphoria
- E) Tachycardia

43. A psychiatric patient who, although coherent, never gets to the point of a disturbance in the form of thought called

- A) Word salad
- B) Circumstantiality
- C) Tangentiality
- D) Verbalization
- E) Blocking

44. What treatment is recommended as first line treatment for a 9 year old with conduct disorder and no other comorbidities

- A) Methylphenidate
- B) Atomoxetine
- C) Clonidine
- D) Imipramine
- E) Olanzapine

45. Which of the following is a cognitive process in OCD

- a) Finishing a washing ritual when hands are clean
- b) Underestimation of the likelihood of harm
- c) Tolerance of uncertainty
- d) Overinflated sense
- e) None of the above is true