

34. The following structures commonly get injured following a cut on the volar aspect of the wrist EXCEPT

- a) Palmaris longus
- b) Flexor digitorum superficialis
- c) Flexor digitorum profundus
- d) Motor branch of the radial nerve

e) All of the above

35. Septic arthritis is more common in which age bracket?

- a) 0-2 years
- b) 10-20 years
- c) 20-30 years
- d) 30-45 years
- e) Above 60 years

Sites of septic arthritis: Adults: Hip (40-50%), Knee (40-50%), Hip (20-30%)  
Children: Knee → Hip → ankle →

36. The following modalities are useful in treatment of osteoporosis EXCEPT

a) Encouraging Exercises

b) Steroid use

c) Calcium medications

d) Vitamin D3

e) Alendronate - bisphosphonate

37. Following a fracture, the following bone has a tendency to get avascular necrosis

a) Humerus

b) Iliac crest

c) Tibia

d) Talus

e) Clavicle

38. The following is a common long term complication of a fracture of the supracondylar region of the humerus in a child

a) Median nerve injury

b) Injury to the brachial artery

c) Compartment syndrome

d) Gun stock deformity

e) Avascular necrosis of the trapezoid bone

39. A 24-year-old patient presents to the Accident and Emergency department with an undisplaced fracture of the tibia shaft. What type of plaster cast would you recommend?

a) Above knee

b) U-slab

c) Below knee

d) Band

e) Hip spica

40. Which statement is correct regarding treatment of congenital talipes equinovarus?

- a) There is need for a multidisciplinary approach
- b) Orthopaedic shoes are used
- c) Treatment should start as soon as the child is born
- d) The patient needs to be followed up for many years
- e) All of the above

41. The following are different ways one can treat a fracture of the femur EXCEPT

- a) Skeletal traction
- b) Intramedullary nail
- c) Plate and screws
- d) Plaster of Paris cast
- e) Firm bandage

42. The leading causative organism in osteomyelitis in a patient with sickle cell disease is

- a) *Salmonella typhi*
- b) *Staphylococcus aureus*
- c) *Haemophilus influenzae*
- d) *Streptococcus pneumoniae*
- e) *Streptococcus pyogenes*

most common causative agn  
E coli  
Pseudo  
Klebsiella  
Salmonella typhi - sickle cell pt

43. The following are useful treatment modalities in open fractures EXCEPT

- a) Tetanus toxoid
- b) Antibiotics
- c) Surgical debridement
- d) Analgesics
- e) Early internal fixation (ORIF)

44. Which nerve is commonly involved in carpal tunnel syndrome

- a) Ulnar
- b) Median
- c) Radial
- d) Musculocutaneous
- e) Anterior interosseous

45. The following are modalities used in the treatment of osteoarthritis except

- a) Weight loss
- b) Walking aids
- c) NSAIDs
- d) Antibiotics
- e) Surgery

46. Giant cell tumour is more common in the following age group

- a) 0-10 years
- b) 10-20 years
- c) 20-40 years
- d) 50-70 years
- e) Over 70 years

Osteoid osteoma = 5-20y  
osteosarcoma = 10-25y  
Chondrosarcoma = 30-60y

47. Malignant tumours from the following organ commonly metastasise to the bones

- a) Thyroid
- b) Tongue
- c) Ovaries
- d) Lung
- e) Liver

Tumors that metastasize to bone

Breast  
lung  
Prostate  
Kidney  
Thyroid

Breast most common

↓  
Prostate  
↓  
Kidney  
↓  
lung → thyroid → Bladder → ST

48. The following are modalities used in the treatment of TB of the spine except

- a) Surgery
- b) Anti TB drugs
- c) Thoracolumbar brace
- d) All of the above
- e) None of the above

49. Which pattern of fracture do elderly patients commonly get following a twisting force?

- a) Comminuted
- b) Transverse
- c) Spiral
- d) Oblique
- e) Segmental

50. The following are features of septic arthritis in children except

- a) Swollen joint
- b) Tenderness
- c) Pus on aspiration
- d) Raised ESR
- e) Low CRP

6. A malignant melanoma characteristically:

- ~~T~~ ~~(a)~~ F Only arises in a pre-existing pigmented naevus <sup>1/3-1/2</sup> ~~X~~ <sup>no sexual</sup> ~~minor~~ <sup>rare</sup> ~~dark pigment~~
  - ~~(b)~~ ~~F~~ May be surrounded by a halo ✓
  - ~~(c)~~ ~~F~~ Is common before puberty <sup>(age) 20-39</sup>
  - ~~(d)~~ ~~F~~ Spreads by the lymphatics and not by the blood stream ~~X~~ <sup>- no sexual</sup>
  - ~~(e)~~ ~~F~~ Affects blacks more than whites <sup>(side of fair complexion) X</sup> <sup>rare by</sup>
- or white > black

7. Practical schemes for the management of fracture include all the following except:

- (a) Treating the patient specifically according to the X-ray appearance ✓
- (b) Reduction by gravity
- (c) Clinical manipulation
- (d) Open operation
- (e) The use of external fixators

8. Union of a simple uncomplicated transverse fracture of the tibia in an adult normally takes:

- (a) 6 weeks
- ~~(b)~~ 8 weeks
- (c) 12 weeks ✓
- ~~(d)~~ 18 weeks
- (e) 26 weeks

HN

9. In the management of compound fracture the guidelines include the fact that:

- (a) The wound should be closed at once in order to prevent secondary infection.
- ~~T~~ (b) A tourniquet should be used if possible to help the surgeon to examine the site. ✓
- (c) It is not a surgical emergency
- (d) Treatment does not aim at sterilising the fracture site.
- (e) While the skin is healing the fracture cannot be splinted in P.O.P. (Plaster of Paris)

10. recognised late complications of fractures include

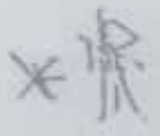
- (a) Fat embolism
- (b) Gas gangrene <sup>early</sup>
- (c) Blisters
- ~~T~~ (d) Myositis ossificans ✓
- (e) None of the above

\* 11. In posterior dislocation of the hip:  
 ↳ *slurr. adducted int rot + flexed slightly*

- (a) The leg is abducted F
- (b) The leg is externally rotated and lengthened F
- (c) The leg is shortened, internally rotated and abducted. F
- (d) The leg is flexed and abducted F

711

~~TC~~ Over 90% of dislocations are followed by a vascular necrosis of the femoral head if there is delay in reduction. *(6-40%)*  
 limb is *shortened, adducted, internally rotated and slightly flexed*



In the management of acute osteomyelitis

- (a) Analgesics are withheld until fever is down.
- ~~(b)~~ Three separate venepunctures on the same occasion are made to obtain blood cultures.
- (c) X-ray changes are seen immediately F
- ~~(d)~~ Surgery has no place F
- ~~(e)~~ Antibiotics should be given until the results of culture and sensitivity are known. *✓*

\* 13. Perthe's disease:

*Sc AVNF. present age 4-8yrs*

- (a) Is fairly A
- (b) Is commoner in girls than in boys *boys 4:1 M:F = 6:1*
- (c) Is bilateral in majority of cases *(15-20%)*
- ~~(d)~~ May present with pain in the knee *pain, tenderness, swelling*
- (e) May be managed by compression nail plating *limp*

*Intermittent service or symptoms P & deposits OA*

Torsion of the testis is: *BL 1405/6*

- ~~(a)~~ Common after 30 years of age *10-25 peak 14-18 yrs*
- ~~(b)~~ Easy to distinguish from epididymo-orchitis *2-3*
- ~~(c)~~ Related to anomalies in the anchorage of the testis *✓*
- ~~(d)~~ Unknown before puberty *✓*
- ~~(e)~~ Treated by bed rest and cold compressions *Prophylaxis*

*ex. excised*

✓ 15. Acceptable treatment of benign prostate enlargement include:

- ~~(a)~~ A permanent suprapubic catheter *✓*
- ~~(b)~~ Houvan 2 oestrogen
- ~~(c)~~ Division of the external sphincter *✓*
- ~~(d)~~ Perurethral resection of the prostate *trans urethral*
- ~~(e)~~ Bilateral orchidectomy *✓*

13. In congenital talipes equinovarus:

- A. The foot is in eversion *inverted*
- B. The foot is swollen and shiny *swollen*
- C. The metatarsal is displaced laterally relative to the talus *medial*
- D. The foot is in inversion *inverted*
- E. The fifth toe touches the shin on eversion of the foot

*Wound a foot foot  
Necrotic - Exposed  
high red arth. count  
forefoot abduction  
normal 1st*

14. Compartment syndrome is likely to occur in:

- A. Fractures of the tibia *forearm*
- B. Fractures of the femur *forearm*
- C. Fractures of the tibia *forearm*
- D. Ruptured Achilles tendon
- E. Fractures of the patella

15. Which of the following is a stress fracture?

- A. Fracture of the neck of femur *13*
- B. Fracture of the distal radius *13*
- C. Fracture of the second metatarsal *13*
- D. Fracture of the tibia *13*
- E. Fracture clavicle *13*

16. The following statements about osteomyelitis are true except:

- A. Infection starts in the diaphysis most of the time *metaphysis*
- B. Commonly affects children *13*
- C. The acute form is usually treated with medication *13*
- D. Usually spreads to the joints in adults *13*
- E. Chronic osteomyelitis often requires surgical intervention *13*

17. Which of the following is not a cause of non-union of fractures?

- A. Infection *13*
- B. Active movements *13*
- C. Interposition *13*
- D. Poor blood supply *13*
- E. Large gap between fragments *13*

18. A patient with the following injuries is classified as having multiple injuries:

- A. Skull fracture and subdural hematoma *13*
- B. Femoral fracture and haemiparesis *13*
- C. Rib fracture and haemiparesis *13*
- D. Fracture of the femur, tibia and humerus *13*
- E. None of the above

*2nd leg - talus  
1st leg - talus  
fibula - talus*

*Normal: wrist, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th*

Requires a doctor ✓  
 Was first developed in the battle-field ✓  
 Is the prioritization of head injured patients ✓  
 Involves Primary and Secondary survey ✓  
 Is performed where casualties does not exceed medical services. ✓

57. High velocity gun injury > 340 m/s

- Produces narrow tracks due to cavitation behind
- Are associated with multiple exit wounds
- Produce more injury than low velocity
- Are treated conservatively
- Does not produce injury to distant organs

Deep dermal burns

- F Is a partial thickness burn
- Are anaesthetic *(insensate)*
- Require tetanus prophylaxis ✓
- Heal by re-epithelization X
- Of the face represent 18% surface area X

38. Congenital Talipes Equinovarus

- (a) Is not caused by failure of growth of tibiais posterior
- (b) The muscles function abnormally
- (c) The foot is pulled upwards ✓
- (d) Cure is achieved by early treatment
- (e) Is treated in adult life with a triple arthrodesis

7-10. Paget's disease of the bone: which one is not true

- (a) Leads to Paget's sarcoma
- (b) Is confirmed on isotopic bone scan by increased uptake
- (c) Will show sclerosis and osteoporosis on X-ray
- (d) Is treated asymptotically with Calcium
- (e) Increases the incidence of osteoarthritis

4) Concerning the anatomy of herniae: Which one is not true.

- (a) Direct herniae are a result of a weak transversalis fascia
- (b) Femoral hernia presents with a lump below and medial to the pubic tubercle ✓
- (c) The anteroinferior border of the lower 1/3 of the inguinal ring is trapped in a Richter's hernia ✓
- (d) Lister's hernia contains a loop of a diverticulum
- (e) An obturator hernia lies deep to pectineus

EMR

11) 12)

68. The commonest complication following femoral neck fractures in a skeletally immature adolescent is:

- (a) Osteonecrosis (mature)
- (b) Non union
- (c) Delayed union
- (d) Chondrolysis
- (e)  Post traumatic coxa vara ✓ feasible

69. Which nerve is most likely to be damaged in displaced Monteggia fractures?

Ulna nerve

- (a) Median
- (b) Ulnar
- (c) Radial
- (d)  Posterior interosseous
- (e) Anterior interosseous

70. Septic Arthritis is most often a complication of acute osteomyelitis in which of the following locations?

- (a) Lateral clavicle
- (b) Proximal tibia
- (c)  Proximal femur ✓
- (d) Distal femur
- (e) Base of the fifth metatarsal

- ① hip joint
- ② knee joint
- ③ shoulder
- ④ Ankle

71. The peak incidence of osteosarcoma is in the following decade:

- (a) First decade
- (b)  Second decade ✓ 10-20, 15-20
- (c) Third decade
- (d) Fourth decade
- (e) Fifth decade

If it affects the femur, remove the whole femur as it is 2 compartment

72. In acute osteomyelitis

- The bone infarct is called an involucrum ✓
- Antibiotics will sterilise a sequestrum ✓
- Ensheathing new bone is called a sequestrum ✓ involucrum
- Discharge through the involucrum is by means of holes known as cloacae ✓
- If an involucrum should form it has to be removed totally before cure is possible. ✓

new bone. check diff b/w sea



32. Commonest complication of extracapsular fracture of neck of femur is
- Nonunion
  - ischaemic necrosis
  - malunion
  - Pulmonary complications
  - Ipsilateral fracture of the shaft
33. These drugs cause congenital defects of fetus in pregnancy except
- Lithium ✓
  - Thalidomide
  - Tetracycline
  - Sulfonamide
  - Non of the above
34. Myositis ossificans is commonly seen at the \_\_\_\_ joint
- Hip
  - Knee
  - Elbow
  - Shoulder
  - Acromioclavicular
35. The most important factor in fracture healing is
- Good alignment
  - Formation of blood clot
  - Accurate reduction and 100% apposition of fractured fragments
  - Immobilization
  - Adequate calcium intake
36. The most preferred treatment of fracture of the neck of femur in a young person is
- Hemiarthroplasty
  - total hip replacement
  - Skeletal traction
  - reduction and screw fixation
  - Hip spica POP application
37. Lisfranc dislocation is
- Tarsometatarsal dislocation
  - Lunate dislocation
  - Scaphoid dislocation
  - Posterior dislocation of elbow
  - Intertarsal dislocation



21. All of the following are problems associated with surgery in the jaundiced patient EXCEPT?
- a) Clotting disorders ✓
  - b) Hepatorenal syndrome ✓
  - c) Infection ✓
  - d) Poor wound healing ✓
  - e) Myocardial infarction
22. In skin preparation prior to operation, which of the following statements is TRUE?
- a) In preparing open wounds, aqueous solutions are used.
  - b) For intact skin, alcohol-based solutions may be used.
  - c) Prepare the skin from the incision site outwards.
  - d) Heavily contaminated areas are prepared last, with the swab being discarded.
  - e) All of the above.
23. Which of the following statements regarding 0.9 per cent normal saline is TRUE?
- a) It has the same sodium concentration as plasma.
  - b) It has equimolar concentration of sodium and chloride.
  - c) It is low in potassium.
  - d) It contains dextrose.
  - e) It is the best fluid to be used in hypovolaemia.
24. Which of the following statements regarding the Gustillo and Anderson classification of fractures is TRUE?
- a) It applies to the soft and bony tissues.
  - b) It relies primarily on the length of any laceration.
  - c) ~~It is influenced primarily by the energy involved. It takes account of whether or not there is soft-tissue cover of fractured bone.~~
  - d) It takes account of contamination.
  - e) It takes account of the body part involved.
25. Which of the following statements regarding the treatment of fractures is TRUE?
- a) All fractures should be reduced.
  - b) Reduction of a fracture means jamming the fragments together.
  - c) All fractures should be stabilised.
  - d) Relative stability means that no movement at the fracture site is going to occur.
  - e) Absolute stability is obtained by getting exact reduction and then compressing the fragments of the fracture together.
26. Which of the following statements are true in regard to electrical burns?
- a) High-tension electrical burn injury is most likely to be found in accidents in the home. Underlying heart muscle damage is likely in low-tension injuries.
  - b) Large amounts of damage to subcutaneous tissues and muscle are associated with high-tension electrical burns.
  - c) Myoglobinuria is a serious complication of low-tension burns.
  - d) Severe alkalosis is common in large electrical burns.
  - e) Underlying heart muscle damage is likely in low-tension injuries.

38. Carpal bone which dislocates commonly is

- a. Scaphoid
- b. Lunate
- c. Hamate
- d. Pisiform
- e. Capitate

39. A lady presents with a history of fracture radius which was put on plaster of Paris casts for 6 weeks. After that she developed swelling of hands with shiny skin. What is the most likely diagnosis.

- a. Rupture of extensor pollicis longus tendon
- b. Myositis ossificans
- c. Reflex sympathetic dystrophy
- d. Malunion
- e. Non union

40. True about clavicular fracture is

- a. Most common at medial 1/3
- b. Comminuted fracture common
- c. Malunion occurs
- d. Usually due to fall on elbow
- e. Associated nerve injury is common

41. The evaluation of a comatose patient with a head injury begins with

- a. Cardiovascular examination
- b. Pupillary reflex
- c. Establishment of an airway
- d. CT scan
- e. Establishment of Glasgow coma Scale

42. An epidural hematoma is usually

- a. Venous in origin
- b. Is usually accompanied by a skull fracture
- c. Should be suspected only in a comatose patient
- d. Cannot be diagnosed from a brain CT Scan
- e. Is not associated with a lucid period

43. Which of the following statements is true concerning brain injury?

- a. Increased intracranial pressure does not lead to secondary brain injury
- b. In using Glasgow Coma Scale, the higher the score, the poorer the neurologic status
- c. Corticosteroids are the first line for elevation of ICP
- d. Osmotic diuretics are indicated in reducing ICP
- e. Patient with Glasgow coma scale of 7 should not be intubated

26. Which is not a principle of compound fracture treatment?
- No tendon repair
  - Aggressive Antibiotic cover
  - Wound debridement
  - Immediate Wound closure
  - external fixation
27. Medial meniscus is more vulnerable to injury because of
- Its fixity to tibial collateral ligament
  - its semicircular shape
  - action of adductor magnus
  - its attachment to fibrous capsule
  - Non of the above
28. Injury to the popliteal artery in fracture lower end of femur is often due to?
- Distal fragment pressing the artery
  - Proximal fragment pressing the artery
  - Tight plaster
  - Hematoma
  - Fracture comminution
29. In transverse fracture of the patella with displacement ( the treatment is)
- excision of small fragment
  - Wire fixation
  - Plaster cylinder
  - Patellectomy
  - Skeletal traction
30. Commonest type of dislocation of the hip is
- Anterior
  - Posterior
  - central
  - Lateral
  - Medial
31. March fracture affects
- Neck of 2nd metatarsal
  - Neck of 1st metatarsal
  - Body of 2nd metatarsal
  - Neck of 2nd & 1st metatarsal
  - fracture of distal end of tibia

28. In paediatric trauma

- a) Cervical spine injury is common
- b) Injury patterns are the same as those seen in adult trauma victims ~~X~~
- c) Gastric tubes should always be passed via the nasal route ~~X~~
- d) Brain injury accounts for 70% of deaths occurring in the first 48 hours after trauma
- e) Routine x-rays should only be performed as part of definitive care ~~X~~

29. The initial fluid challenge for a child in circulatory failure is

- a) 2ml/kg
- b) ~~20ml/kg~~  20ml/kg - 20ml/kg of isotonic crystalloid initially
- c) 40ml/kg - crystalloid 10ml/kg followed by 10ml/kg of blood
- d) 100ml/kg
- e) 200ml/kg

30. The best position to check for a pulse in a 2 month old is

- a) Radial
- b) Dorsalis pedis
- c) ~~Carotid~~  Carotid
- d) Ulnar
- e) Popliteal

31. The following are causes of spinal cord compression EXCEPT

- a) Tumours
- b) ~~Polio~~  Polio
- c) Vertebral fractures
- d) Advanced tuberculosis of the spine
- e) Surgery

32. Which part of the joint is initially involved in rheumatoid arthritis?

- a) ~~Capsule~~  Capsule
- b) Tendons
- c) Bone
- d) Meniscus
- e) None of the above

## INSTRUCTIONS

- 1) Each question contains 5 suggested responses. Select the best response to each question.
- 2) Use the answer sheet provided to circle the correct response.
- 3) There is no penalty mark for wrong answer.

1. Which ONE of the following statements is the best example of a good interview skill?

- (a) Asking closed questions during the interview
- (b) Being sympathetic rather than empathetic
- (c) Maintaining continuous eye contact
- (d) Premature assurances which are helpful
- (e) The use of non-verbal methods of communication ✓

2. Which of the following stages of Freud's theory of psychosexual development broadly coincides with Erickson's initiative versus Guilt stage?

- (a) Anal
- (b) Genital
- (c) Latency (socialization)
- (d) Oral
- (e) Phallic

3. The following are considered founders of modern psychiatry except:

- (a) Ivan Pavlov ✓ - Conditioning
- (b) Jean Euenne Dominique Esquirol
- (c) Philippe Pinel ✓ - advoc & for locked
- (d) Emil Kraepelin ✓ - genetics | psychopharmacology
- (e) Eugene Bleuler ✓

+ Scuniger ✓ 4 signs of Schizo

• Freud

• Sexuality & theory of childhood

• Sigmund

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• John Pile

• Erik Erickson

4. The following are associated with behaviour therapy except:

- (a) B.F. Skinner - **operant conditioning (rat)**
- (b) Joseph Wolpe - **deconditioning - phobia Rx**
- (c) Jean Piaget - **cognitive development (child)**
- (d) J.B. Watson - **behaviourism - Aversive experiments -> class trained by neutral stimulus**
- (e) A. Lazarus - **competitive therapy**

5. The assertion that all behaviours are driven by antecedent events, experiences. There are no accidents; nothing happens by chance is known as:

- (a) **Psychic determinism**
- (b) Learned helplessness
- (c) Unconditional positive regard -> **CAR REPORT**
- (d) Free association -> **what on your mind**
- (e) Unconscious

6. What is transference?

- (a) Displacement of feelings from future experiences to past experiences.
- (b) Displacement of ideas from mother to child
- (c) **Displacement of feelings, attitudes, behavioural expectations and attributes from important childhood relationships to current ones**
- (d) Transferring material resources to a client's bank account
- (e) Defense mechanism that helps to keep tabs on feelings of security

7. Counter transference refers to:

- (a) **The therapist projecting their own feelings ("issues," emotional baggage") onto their patient**
- (b) The patient projecting their own feelings (issues, emotional baggage) onto the therapist
- (c) The child projecting his/her feelings on the parents and parental rejection of those feelings
- (d) Countering the transference made by the patient through a systematic analysis
- (e) Displacement of feelings, attitudes, behavioural expectations and attributes from important childhood relationships to current ones

Unselfishly assisting others to avoid negative personal feelings refers to:

- (a) Sublimation
- (b) **Altruism**
- (c) Displacement
- (d) Condensation
- (e) Projection

**Mature Defense**

- Altruism**
- Anticipation**
- Humor**
- Sublimation**
- Suppression**

9. Which one of these techniques is the fundamental base of any psychoanalytic practice?

- (a) Psychoanalyzing
- (b) Dream analysis
- (c) Empathy
- (d) Punishment
- (e) Systemic desensitization

10. Which one of the following techniques is associated with behavioural psychotherapy?

- (a) Fertilization
- (b) Facial coding
- (c) Fabrication
- (d) Flooding - exposure to phobias with no escape
- (e) Psychoeducation

11. One of the client centered ideas given by Carl Rogers includes:

- (a) Unconscious
- (b) Preconscious
- (c) Existentialism
- (d) Unconditional Positive Regard - 3 condition (authenticity, genuineness) - core is empathy
- (e) Conditional Negative Regard - patient truth is true.

12. In selecting a client to join a group therapy, the following can lead to exclusion from the group except:

- (a) Unwillingness or low motivation to participate
- (b) Extremely elevated level of distress
- (c) Member will benefit from the group experience
- (d) Member will not be able to listen to other members
- (e) Non compliance with group rules

13. Which ONE is true about pregnancy?

- (a) Pregnancy affects the psychological well being of all women
- (b) Pregnancy affects the psychological well being of only those women not prepared for the pregnancy
- (c) The psychological well being during pregnancy is an only woman's affair
- (d) The psychological concerns of the pregnant woman do not need to be addressed at all
- (e) None of the above

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19. Behaviour therapy in CBT (Cognitive Behaviour Therapy) is based on all of the following except:
- (a) Operant conditioning
  - (b) Scientific knowledge of human nature
  - (c) Classical conditioning
  - ~~(d) Only on Tradition western traditions~~
  - (e) Learning principles
20. Behaviour therapy in CBT focuses on all of the following except:
- (a) Self awareness
  - (b) Eliminating symptom
  - (c) Learning adaptive behavioural skills
  - ~~(d) Searches of conscious conflicts~~
  - (e) Self evaluation
21. Seeking to understand the message of a patient by asking for more information or for elaboration on a point during CBT process is referred to as?
- (a) Social response
  - (b) Minimal cue
  - (c) False reassurance
  - ~~(d) Clarification~~
  - (e) Amplification
22. Behavioral aspect in Cognitive Behavioral Therapy is not used to facilitate change in:
- (a) Thought stopping
  - (b) Relaxation
  - (c) Symbolisation
  - ~~(d) Repeated irrational thoughts~~
  - (e) Examining thoughts of the client during therapy
23. One of the following psychological problems cannot be managed using CBT. Which ONE is it?
- (a) Eating disorder
  - (b) Depression
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  - (d) Their chronic pain has become the central focus to their thoughts, feelings, behaviour and social relationships
  - ~~(e) They are not amenable to cognitive behaviour theory~~

90. The following roles is not played by a family therapist:
- (a) Identifying the family disagreement
  - (b) Helping a family to understand and modify the rules
  - (c) Identifying age of children
  - (d) Identifying the families with distorted ways of communicating
  - (e) Identifying the family unspoken rules
31. The approach during family therapy is that:
- (a) Therapist focuses on one family member
  - (b) Therapist does not encourage family members to speak to each other
  - (c) System tasks focus on behaviours which occur rarely
  - (d) Family members are not involved in organizing a timetable indicating when this would take place, duration of it and frequency
  - (e) Therapist must set up tasks and injunctions
32. Emil Kraepelin classified the following disorders except:
- (a) Dementia praecox *deteriorating vs episodic*
  - (b) Catatonic *premonitory dementia (mood disorders)*
  - (c) Hebephrenic *schizophrenia*
  - (d) Paranoid
  - (e) Cri du chat syndrome - *chromosomal*
33. Your patient tells you that he has suddenly remembered being taken into hospital as a child and having a microchip implanted in his brain. Of what is this example?
- (a) Autochthonous delusion
  - (b) Delusion of reference
  - (c) Delusion memory
  - (d) Delusion mood
  - (e) Delusion percept
34. Which ONE of the following is a 'neurological soft sign'?
- (a) Cognitive impairment
  - (b) Dysbindin genotype
  - (c) Impaired fist-edge-palm test
  - (d) Positive stroop test
  - (e) Receptive dysphasia
35. The following are psychological treatments of depression except:
- (a) Cognitive behavioural therapy
  - (b) Group therapy
  - (c) Individual psychotherapy
  - (d) Family therapy
  - (e) Electroconvulsive therapy

55. In people with intellectual disability, psychiatric disorders:
- (a)  Are often over diagnosed
  - (b)  Diagnostic overshadowing completely explains the difference in prevalence
  - (c)  Diagnostic overshadowing is not due to bias of clinician
  - (d)  Diagnostic overshadowing is deliberate
  - (e)  Are often under diagnosed
56. Which ONE of the following is true regarding childhood schizophrenia?
- (a)  Low socioeconomic status has been well documented to be a risk factor for childhood onset Schizophrenia
  - (b)  Bipolar disorder in children is frequently misdiagnosed as having Schizophrenia
  - (c)  Abuse or neglect does not affect one's risk for developing psychosis
  - (d)  Children with Autism Spectrum disorder possess pervasive hallucinations, delusions, and thought disorder characteristics similar to Schizophrenia
  - (e)  Hallucinations in autism are typically chronic
57. Which of the following would NOT be considered to be an essential part of a neuropsychological assessment of child?
- (a)  Medical history
  - (b)  Social history
  - (c)  Behavioral observations of the child
  - (d)  Psychological testing
  - (e)  Magnetic Resonance Imaging (MRI)
58. A 7 year old girl is referred for an assessment due to worsening performance at school. She was recently diagnosed with epilepsy and her medications have required frequent adjustments to keep seizures under control. She is also noted to have become more socially withdrawn and spends less time with friends. What is the most likely contributor to her recent poor school performance?
- (a)  Brain tumour
  - (b)  Depression
  - (c)  Medication side effect
  - (d)  Hydrocephalous
  - (e)  Substance abuse

A 7-year-old boy is brought to you by his parents on a referral by the school where the child is in class one. The boy does not have a major discipline problem but he frequently answers questions without being called on and is often out of his seat without permission. His school work is adequate but the teacher believes, "he could do better." He has difficulty completing tasks and appears to spend most of the class time daydreaming.

46. Which additional piece of information would support the most likely etiology for his symptoms?
- (a) A history of head injuries
  - (b) A history of neurological symptoms
  - (c) A history of tics
  - (d) His medication history
  - ~~(e) Family psychiatry history~~
47. The most likely diagnosis is:
- ~~(a) Attention deficit hyperactivity disorder (ADHD)~~
  - (b) Conduct disorder
  - (c) Post Traumatic Stress Disorder
  - (d) Intellectual disability
  - (e) Autism spectrum disorder
48. Regarding treatment the best advice to the family would be that:
- (a) He has a diagnosable disorder so he should not be held accountable for his symptoms
  - (b) He should alter his diet immediately
  - ~~(c) He needs intensive, probably long term psychotherapy~~
  - (d) Medication might be helpful
  - ~~(e) They should probably NOT discuss his diagnosis with the teacher as it might be stigmatizing~~
49. Which of the following is among the most common projective techniques used in a child mental health interview in order for the child to express concerns indirectly?
- (a) Asking questions about specific symptoms
  - ~~(b) Drawing~~
  - (c) Have the child climb stairs to assess gross motor development
  - (d) Asking the child how he feels
  - ~~(e) Assessing fund of knowledge~~



50. The psychiatric assessment of the child commonly differs from the assessment of the adult in all of the following ways except.

- (a) The child and the clinician are at different developmental levels and treatment of the child they may have difficulties in communication.
- (b) The clinician need only focus on the assessment and treatment of the child.
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- (a) Parental permissiveness
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- (a) Self-regulation
- (b) Intellectual functioning
- (c) Play
- (d) Affect and mood
- (e) Relatedness

53. An advantage of having a set of toys available in the office versus having the child bring toys from home is:

- (a) Observation frustration with toys too difficult for the child's developmental level.
- (b) The child will be uninterested in new toys and more engaged with interview.
- (c) The child will feel more at ease if the child is playing.
- (d) The child will have to adapt to the evaluator.
- (e) Limited distractions from the child's favourite toys.

54. Which of the following is associated with better outcomes in childhood-onset Schizophrenia?

- (a) Early age of onset
- (b) Non-acute insidious onset
- (c) Presence of affective symptoms
- (d) Low IQ
- (e) Long duration of untreated psychosis

69. What is a simple alternative to the bell and pad method for the treatment of enuresis?

- (a) Waking up the child using a bull horn
- (b) Setting an alarm clock after 2 to 3 hours of sleep when the bladder may be reaching full capacity
- ~~(c)~~ Keeping the lights on at night to aid arousal when the bladder signals full capacity
- (d) Restricting fluids after 4 pm
- ~~(e)~~ None of the above

70. The psychiatrist assessment of children commonly differs from the assessment of adults in ALL of the following ways except:

- (a) The child's behaviour may cause greater distress to the adults than to the child
- (b) Children may not recognize their behaviour as problematic to others
- ~~(c)~~ Children often seek out psychiatric assessment or treatment for themselves
- (d) Children may attribute problems to others and be unwilling to accept their own personal contribution to the problem
- (e) The adult's expectation for the child may exceed the child's abilities

71. Which of the following symptoms of ADHD (Attention Deficit Hyperactivity Disorder) is most likely to be outgrown when a child matures to adulthood?

- (a) Inattention
- (b) Hyperactivity
- (c) Impulsivity
- (d) Distractibility
- ~~(e)~~ Both hyperactivity and impulsivity

72. A 74 year old man presents with memory impairment and behaviour that is out of character. Which of the following cognitive tests is appropriate to test frontal lobe function?

- (a) Benton Visual retention test
- (b) National adult reading test
- (c) Rey-Osterrieth Complex figure test
- (d) Rorschach ink blot test
- ~~(e)~~ Wisconsin Card Sorting test

73. A 76 year old woman suffers a stroke due to a ruptured berry aneurysm in the anterior cerebral artery and the parietal lobe is affected. Which ONE of the following tests would you expect to be abnormal?

- (a) Colour vision testing
- (b) Copying intersecting pentagons
- ~~(c)~~ Luria motor test
- (d) Semantic memory
- (e) Three object recall

9. Which one of these techniques is the fundamental base of any psychoanalytic practice?

- (a) Psychoanalyzing
- (b) Dream analysis
- (c) Empathy
- (d) Punishment
- (e) Systemic desensitization

10. Which one of the following techniques is associated with behavioural psychotherapy?

- (a) Fertilization
- (b) Facial coding
- (c) Fabrication
- (d) Flooding - exposure to phobias with no escape
- (e) Psychoeducation

11. One of the client centered ideas given by Carl Rogers includes:

- (a) Unconscious
- (b) Preconscious
- (c) Existentialism
- (d) Unconditional Positive Regard - genuineness, empathy
- (e) Conditional Negative Regard - patient truth is true.

12. In selecting a client to join a group therapy, the following can lead to exclusion from the group except:

- (a) Unwillingness or low motivation to participate
- (b) Extremely elevated level of distress
- (c) Member will benefit from the group experience
- (d) Member will not be able to listen to other members
- (e) Non compliance with group rules

13. Which ONE is true about pregnancy?

- (a) Pregnancy affects the psychological well being of all women
- (b) Pregnancy affects the psychological well being of only those women not prepared for the pregnancy
- (c) The psychological well being during pregnancy is an only woman's affair
- (d) The psychological concerns of the pregnant woman do not need to be addressed at all
- (e) None of the above

Maria Ngendo  
Med School  
Year: 15/19

4. The following are associated with behaviour therapy except:

- (a) B.F. Skinner - **operant conditioning (rat)**
- (b) Joseph Wolpe - **deconditioning - phobia Rx**
- (c) Jean Piaget - **cognitive development (child)**
- (d) J.B. Watson - **behaviourism - Aversive experiments -> class trained by neutral stimulus**
- (e) A. Lazarus - **competitive therapy**

5. The assertion that all behaviours are driven by antecedent events, experiences. There are no accidents; nothing happens by chance is known as:

- (a) **Psychic determinism**
- (b) Learned helplessness
- (c) Unconditional positive regard -> **CAR REPORT**
- (d) Free association -> **what on your mind**
- (e) Unconscious

6. What is transference?

- (a) Displacement of feelings from future experiences to past experiences.
- (b) Displacement of ideas from mother to child
- (c) **Displacement of feelings, attitudes, behavioural expectations and attributes from important childhood relationships to current ones**
- (d) Transferring material resources to a client's bank account
- (e) Defense mechanism that helps to keep tabs on feelings of security

7. Counter transference refers to:

- (a) **The therapist projecting their own feelings ("issues," emotional baggage") onto their patient**
- (b) The patient projecting their own feelings (issues, emotional baggage) onto the therapist
- (c) The child projecting his/her feelings on the parents and parental rejection of those feelings
- (d) Countering the transference made by the patient through a systematic analysis
- (e) Displacement of feelings, attitudes, behavioural expectations and attributes from important childhood relationships to current ones

Unselfishly assisting others to avoid negative personal feelings refers to:

- (a) Sublimation
- (b) **Altruism**
- (c) Displacement
- (d) Condensation
- (e) Projection

**Mature Defense**

- Altruism**
- Anticipation**
- Humor**
- Sublimation**
- Suppression**

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## INSTRUCTIONS

- 1) Each question contains 5 suggested responses. Select the best response to each question.
- 2) Use the answer sheet provided to circle the correct response.
- 3) There is no penalty mark for wrong answer.

1. Which ONE of the following statements is the best example of a good interview skill?

- (a) Asking closed questions during the interview
- (b) Being sympathetic rather than empathetic
- (c) Maintaining continuous eye contact
- (d) Premature assurances which are helpful
- (e) The use of non-verbal methods of communication ✓

2. Which of the following stages of Freud's theory of psychosexual development broadly coincides with Erickson's initiative versus Guilt stage?

- (a) Anal
- (b) Genital
- (c) Latency (socialization)
- (d) Oral
- (e) Phallic

3. The following are considered founders of modern psychiatry except:

- (a) Ivan Pavlov ✓ - Conditioning
- (b) Jean Euenne Dominique Esquirol
- (c) Philippe Pinel ✓ - advoc & for locked
- (d) Emil Kraepelin ✓ - genetics | psychopharmacology
- (e) Eugene Bleuler ✓

+ Scuniger ✓ 4 signs of Schizo

• Freud

• Sexuality & theory of childhood

• Sigmund

Page 1 of 29

• John Pile

• Erik Erickson

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  - (c) Classical conditioning
  - ~~(d) Only on Tradition western traditions~~
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- (a) Self awareness
  - (b) Eliminating symptom
  - (c) Learning adaptive behavioural skills
  - ~~(d) Searches of conscious conflicts~~
  - (e) Self evaluation
21. Seeking to understand the message of a patient by asking for more information or for elaboration on a point during CBT process is referred to as?
- (a) Social response
  - (b) Minimal cue
  - (c) False reassurance
  - ~~(d) Clarification~~
  - (e) Amplification
22. Behavioral aspect in Cognitive Behavioral Therapy is not used to facilitate change in:
- (a) Thought stopping
  - (b) Relaxation
  - (c) Symbolisation
  - ~~(d) Repeated irrational thoughts~~
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- (d) Affect and mood
- (e) Relatedness

53. An advantage of having a set of toys available in the office versus having the child bring toys from home is:

- (a) Observation frustration with toys too difficult for the child's developmental level.
- (b) The child will be uninterested in new toys and more engaged with interview.
- (c) The child will feel more at ease if the child is playing.
- (d) The child will have to adapt to the evaluator.
- (e) Limited distractions from the child's favourite toys.

54. Which of the following is associated with better outcomes in childhood-onset Schizophrenia?

- (a) Early age of onset
- (b) Non-acute insidious onset
- (c) Presence of affective symptoms
- (d) Low IQ
- (e) Long duration of untreated psychosis

90. The following roles is not played by a family therapist:
- (a) Identifying the family disagreement
  - (b) Helping a family to understand and modify the rules
  - (c) Identifying age of children
  - (d) Identifying the families with distorted ways of communicating
  - (e) Identifying the family unspoken rules
31. The approach during family therapy is that:
- (a) Therapist focuses on one family member
  - (b) Therapist does not encourage family members to speak to each other
  - (c) System tasks focus on behaviours which occur rarely
  - (d) Family members are not involved in organizing a timetable indicating when this would take place, duration of it and frequency
  - (e) Therapist must set up tasks and injunctions
32. Emil Kraepelin classified the following disorders except:
- (a) Dementia praecox *deteriorating vs episodic*
  - (b) Catatonic *premonitory dementia (mood disorders)*
  - (c) Hebephrenic *schizophrenia*
  - (d) Paranoid
  - (e) Cri du chat syndrome - *chromosomal*
33. Your patient tells you that he has suddenly remembered being taken into hospital as a child and having a microchip implanted in his brain. Of what is this example?
- (a) Autochthonous delusion
  - (b) Delusion of reference
  - (c) Delusion memory
  - (d) Delusion mood
  - (e) Delusion percept
34. Which ONE of the following is a 'neurological soft sign'?
- (a) Cognitive impairment
  - (b) Dysbindin genotype
  - (c) Impaired fist-edge-palm test
  - (d) Positive stroop test
  - (e) Receptive dysphasia
35. The following are psychological treatments of depression except:
- (a) Cognitive behavioural therapy
  - (b) Group therapy
  - (c) Individual psychotherapy
  - (d) Family therapy
  - (e) Electroconvulsive therapy

A 7-year-old boy is brought to you by his parents on a referral by the school where the child is in class one. The boy does not have a major discipline problem but he frequently answers questions without being called on and is often out of his seat without permission. His school work is adequate but the teacher believes, "he could do better." He has difficulty completing tasks and appears to spend most of the class time daydreaming.

46. Which additional piece of information would support the most likely etiology for his symptoms?
- (a) A history of head injuries
  - (b) A history of neurological symptoms
  - (c) A history of tics
  - (d) His medication history
  - ~~(e) Family psychiatry history~~
47. The most likely diagnosis is:
- ~~(a) Attention deficit hyperactivity disorder (ADHD)~~
  - (b) Conduct disorder
  - (c) Post Traumatic Stress Disorder
  - (d) Intellectual disability
  - (e) Autism spectrum disorder
48. Regarding treatment the best advice to the family would be that:
- (a) He has a diagnosable disorder so he should not be held accountable for his symptoms
  - (b) He should alter his diet immediately
  - ~~(c) He needs intensive, probably long term psychotherapy~~
  - (d) Medication might be helpful
  - ~~(e) They should probably NOT discuss his diagnosis with the teacher as it might be stigmatizing~~
49. Which of the following is among the most common projective techniques used in a child mental health interview in order for the child to express concerns indirectly?
- (a) Asking questions about specific symptoms
  - ~~(b) Drawing~~
  - (c) Have the child climb stairs to assess gross motor development
  - (d) Asking the child how he feels
  - ~~(e) Assessing fund of knowledge~~

55. In people with intellectual disability, psychiatric disorders:
- (a)  Are often over diagnosed
  - (b)  Diagnostic overshadowing completely explains the difference in prevalence
  - (c)  Diagnostic overshadowing is not due to bias of clinician
  - (d)  Diagnostic overshadowing is deliberate
  - (e)  Are often under diagnosed
56. Which ONE of the following is true regarding childhood schizophrenia?
- (a)  Low socioeconomic status has been well documented to be a risk factor for childhood onset Schizophrenia
  - (b)  Bipolar disorder in children is frequently misdiagnosed as having Schizophrenia
  - (c)  Abuse or neglect does not affect one's risk for developing psychosis
  - (d)  Children with Autism Spectrum disorder possess pervasive hallucinations, delusions, and thought disorder characteristics similar to Schizophrenia
  - (e)  Hallucinations in autism are typically chronic
57. Which of the following would NOT be considered to be an essential part of a neuropsychological assessment of child?
- (a)  Medical history
  - (b)  Social history
  - (c)  Behavioral observations of the child
  - (d)  Psychological testing
  - (e)  Magnetic Resonance Imaging (MRI)
58. A 7 year old girl is referred for an assessment due to worsening performance at school. She was recently diagnosed with epilepsy and her medications have required frequent adjustments to keep seizures under control. She is also noted to have become more socially withdrawn and spends less time with friends. What is the most likely contributor to her recent poor school performance?
- (a)  Brain tumour
  - (b)  Depression
  - (c)  Medication side effect
  - (d)  Hydrocephalous
  - (e)  Substance abuse

69. What is a simple alternative to the bell and pad method for the treatment of enuresis?

- (a) Waking up the child using a bull horn
- (b) Setting an alarm clock after 2 to 3 hours of sleep when the bladder may be reaching full capacity
- ~~(c)~~ Keeping the lights on at night to aid arousal when the bladder signals full capacity
- (d) Restricting fluids after 4 pm
- ~~(e)~~ None of the above

70. The psychiatrist assessment of children commonly differs from the assessment of adults in ALL of the following ways except:

- (a) The child's behaviour may cause greater distress to the adults than to the child
- (b) Children may not recognize their behaviour as problematic to others
- ~~(c)~~ Children often seek out psychiatric assessment or treatment for themselves
- (d) Children may attribute problems to others and be unwilling to accept their own personal contribution to the problem
- (e) The adult's expectation for the child may exceed the child's abilities

71. Which of the following symptoms of ADHD (Attention Deficit Hyperactivity Disorder) is most likely to be outgrown when a child matures to adulthood?

- (a) Inattention
- (b) Hyperactivity
- (c) Impulsivity
- (d) Distractibility
- ~~(e)~~ Both hyperactivity and impulsivity

72. A 74 year old man presents with memory impairment and behaviour that is out of character. Which of the following cognitive tests is appropriate to test frontal lobe function?

- (a) Benton Visual retention test
- (b) National adult reading test
- (c) Rey-Osterrieth Complex figure test
- (d) Rorschach ink blot test
- ~~(e)~~ Wisconsin Card Sorting test

73. A 76 year old woman suffers a stroke due to a ruptured berry aneurysm in the anterior cerebral artery and the parietal lobe is affected. Which ONE of the following tests would you expect to be abnormal?

- (a) Colour vision testing
- (b) Copying intersecting pentagons
- ~~(c)~~ Luria motor test
- (d) Semantic memory
- (e) Three object recall

86. Neuroleptic malignant syndrome is characterized by all of the following signs and symptoms except:
- (a) High fever
  - (b) Nausea and vomiting
  - (c) Autonomic instability
  - (d) Muscle breakdown
  - (e) Elevated creatinine phosphokinase titres
87. Risk factors for suicide may include all except:
- (a) Low income
  - (b) Being an atheist
  - (c) Family history of suicide
  - (d) Chronic physical illness
  - (e) Single and divorced marital status
88. Recognised roles of a physician does not include which ONE of these?
- (a) Promote well being
  - (b) Prevent disease/disorder
  - (c) To always provide custodial care for the sick
  - (d) Enhance recovery
  - (e) Promote human rights
89. Voluntary Kenya Community based organizations that are directly used as therapeutic agencies in mental health include the following except:
- (a) Alcoholic anonymous
  - (b) Narcotic anonymous
  - (c) Bipolar anonymous
  - (d) Kenya association for the welfare of epileptics
  - (e) Schizophrenic foundation
90. The national government has the following roles in organization of mental health services:
- (a) To improve government's responsiveness to local needs
  - (b) Enhance effectiveness and efficiency of hospitals management
  - (c) A B D E are all true
  - (d) Increase the role of local community in management of hospitals/facilities
  - (e) Reduce mortality, morbidity and disability for persons with psychological/physical disorders
91. Examples of psychiatric emergencies include the following except:
- (a) Violent aggressive patient
  - (b) Last stages of remission
  - (c) Suicidal patient
  - (d) Patient in coma or semi coma
  - (e) Psychosocial crisis



63. The following are depot antipsychotic preparations except:
- (a) Fluphenazine decanoate
  - (b) Haloperidol decanoate
  - ~~(c)~~ Olanzapine pamoate
  - (d) Zucopenthixol decanoate
  - (e) Clozapine decanoate
64. Regression of milestones is a common presentation of childhood disorders. Which of the following medical conditions is associated with regression?
- (a) Central Nervous System infections
  - (b) Phenylketonuria
  - (c) Hypothyroidism
  - (d) Seizure disorder
  - ~~(e)~~ All of the above
65. HIV/AIDS is a risk factor for all of the following disorders except:
- (a) Schizophrenia
  - (b) Alcohol use disorder
  - (c) Depression
  - (d) Adjustment disorder
  - ~~(e)~~ Anxiety disorder
66. In addition to clinical and family history, a near confirmatory diagnostic test for tic disorder is:
- (a) Magnetic Resonance Imaging
  - (b) Single photon emission computed tomography
  - ~~(c)~~ Electroencephalogram
  - (d) Blood dopamine level
  - (e) None
67. In the Four P's Model of psychiatric formulation, which domain of factors is concerned with features that make the presenting condition endure, such as the severity of the condition or compliance issues?
- (a) Predisposing
  - (b) Precipitating
  - ~~(c)~~ Perpetuating
  - (d) Protective
  - (e) Persecutory
68. What is the strongest risk factor for youth suicide?
- (a) Major depression
  - (b) Bipolar disorder
  - (c) Substance use disorder
  - ~~(d)~~ Prior history of a suicide attempt
  - (e) Borderline personality disorder

59. With regards to the parents of the child being evaluated, a child psychiatrist should take all of the following considerations except:

- (a) The expectations as well as feelings about the evaluation should be elicited from the child's parents
- (b) Parents may bring a mixed heritage of guilt, shame, concern and fear of being judged in seeking help for their child
- (c) Parents may have unrealistically optimistic fantasies of "absolution" of unconscious guilt of hopes of quick cures
- (d) Parents generally inform the child of the nature of the evaluation prior to arrival
- ~~(e)~~ Parents generally have a well-formed understanding of psychiatric assessment and treatment from mass media sources

60. In which of the following situations would the risk of developing Schizophrenia be the lowest for a child?

- (a) A child's Schizophrenic parent 12% has a non Schizophrenic identical twin 0%
- (b) A child's non Schizophrenic parent 0% has a Schizophrenic identical twin 4%
- (c) A child's Schizophrenic parent 12% has a non Schizophrenic fraternal twin 0%
- (d) A child's non Schizophrenic parent 0% has a Schizophrenic fraternal twin 4%
- ~~(e)~~ A child's non-Schizophrenic parent 0% has a non Schizophrenic sibling 0%

61. The following are correct about children below the age of 7 years in relation to understanding death in the family except:

- (a) Cannot comprehend the irreversibility of death
- (b) Can express their feelings in play therapy
- (c) Has limited ability to verbalize their feelings
- (d) The children tend towards magical thinking and ego centrality
- ~~(e)~~ The children are sensitive about being 'different' from their peers

62. In attention deficit hyperactivity disorder (ADHD), which of the following is NOT classified as a problem relating to poor attention?

- (a) Appears routinely forgetful
- ~~(b)~~ Experiences difficulties in waiting in turn
- (c) Dislikes tasks involving mental effort e.g. homework
- (d) Easily distracted
- (e) Appears not to listen, when spoken to

80. Which of the following statements is true concerning lithium?
- (a) Has its main effects on noradrenaline systems in the brain.
  - ~~(b)~~ Works by affecting secondary messenger systems in the cell
  - (c) Increases the rate of formation of cAMP
  - (d) Works best with rapid cycling patients
  - (e) Is not absorbed from the kidney
81. Side effects of lithium include the following except:
- (a) Leucocytosis
  - ~~(b)~~ Acne
  - (c) Alopecia
  - (d) T wave inversion and QRS narrowing
  - (e) Memory impairment
82. Side effect of carbamazepine include all the following except:
- (a) Ataxia
  - (b) Diplopia
  - ~~(c)~~ SIADH
  - (d) Agranulocytosis
  - (e) Leucocytosis
83. The following are early signs (plasma levels 1.5 – 2 mEq/l) of lithium toxicity except:
- (a) Anorexia
  - ~~(b)~~ Vomiting
  - (c) Diarrhoea
  - ~~(d)~~ Coarse tremor
  - (e) Nystagmus
84. The following statements are true about carbamazepine except:
- ~~(a)~~ Is a GABA agonist
  - (b) Affects calcium channels
  - (c) Induces its own metabolism
  - (d) Has a short half life
  - (e) Affects brain 5-HT function
85. Which statement is FALSE concerning lamotrigine?
- (a) Seems to be more effective in treating depressive episodes of bipolar
  - (b) Used less than other anticonvulsants for Bipolar Disorder
  - (c) Voltage-gated sodium channel agonist
  - (d) Inhibits the release of glutamate
  - (e) Does not cause a rash as one of the main side effects

74. Which ONE of the following was the first effective somatic therapy for Schizophrenia or bipolar disorder?
- (a) Chlorpromazine
  - (b) ECT
  - (c) Hypnotherapy
  - (d) Insulin coma therapy
  - (e) Pyrotherapy
- 
75. Which ONE of the following antidepressants is most suitable in a patient who is suffering from depression and has recently also had myocardial infarction?
- (a) Amitriptylline
  - (b) Duloxetine
  - (c) Mirtazapine
  - (d) Paroxetine
  - (e) Sertraline
- 
76. Which of the following Neurotransmitters promotes sleep?
- (a) Acetylcholine
  - (b) Dopamine
  - (c) Histamine
  - (d) Noradrenaline
  - (e) Serotonin
- 
77. Which ONE of the following can be used to reduce alcohol consumption in patients who are still consuming alcohol?
- (a) Acamprosate
  - (b) Bupropion
  - (c) Disulfiram
  - (d) Nalmefene
  - (e) Naltrexone
- 
78. About the use of antipsychotics in the management of bipolar disorder, which of the following induces a metabolic syndrome?
- (a) Lamotrigine
  - (b) Lithium
  - (c) Lorazepam
  - (d) Olanzapine
  - (e) Sodium valproate
- CORRECT
- 
79. In bipolar disorder, which of the following is useful in acute mania?
- (a) Bupropion
  - (b) Carbamazepine
  - (c) Imipramine
  - (d) Sertraline
  - (e) Tranlycypromine

104. The following are known causes of sexual dysfunction in males except:

- (a) Diabetes mellitus
- (b) Hypertension
- (c) Antidepressants
- ~~(d) Vasectomy~~
- (e) Antihypertensives

105. The following are known causes of dyspareunia in females except:

- (a) Poor arousal technique
- (b) Inadequate vaginal secretions
- (c) Use of drying herbs in the vagina
- (d) Vaginitis
- ~~(e) Use of female condoms~~

#### Questions 106 – 108

Mary, aged 15 years has lost 10kg in 6 weeks. She is very thin but excessively concerned about being overweight. Her daily intake is 10 cups of coffee:

106. Mary might have the following symptoms except:

- (a) A reduced sex drive
- ~~(b) Increased sporting activities~~
- (c) Amenorrhoea
- ~~(d) May find herself very sexually attractive~~
- (e) Increased body hair.

107. The most likely diagnosis would be:

- (a) Fetishism
- (b) Body dysmorphic disorder
- (c) Generalised anxiety disorder
- (d) Bulimia Nervosa
- ~~(e) Anorexia Nervosa~~

108. The following have been suggested in the etiology of the above disorder except:

- (a) Hereditary factors ✓
- (b) Socio cultural factors ✓
- (c) History of sexual abuse ✓
- (d) Intellectual factors ✓
- ~~(e) Racial factors~~

92. The following are illness causing behaviour except:
- (a) Cigarette smoking
  - (b) Obesity
  - (c) Promiscuity
  - (d) Physical exercise
  - (e) High fat diet
93. The capacity to form concepts and generalize items is called:
- (a) Concrete thinking
  - (b) Abstract thinking
  - (c) Delusional thinking
  - (d) Intellectualization
  - (e) Rationalization
94. Psychological disorders are influenced by the following except:
- (a) Learned helplessness
  - (b) Trauma
  - (c) Role problems
  - (d) Stress
  - (e) Cohesiveness
95. Children with ADHD are known to have deficits in which of the following brain areas:
- (a) Perception
  - (b) Motor functioning
  - (c) Attention
  - (d) Memory
  - (e) Sensory functioning
96. Which of the following perinatal risk factors are not associated with attention deficit hyperactivity Disorder (ADHD)?
- (a) Low birth weight
  - (b) Maternal alcohol misuse
  - (c) Measles, mumps and rubella vaccines
  - (d) Parents who smoke during pregnancy increase the risk of having a child with ADHD
  - (e) Maternal stress
97. The following are signs of alcohol dependence except:
- (a) Tolerance
  - (b) Withdrawal symptoms
  - (c) Hypersomnia
  - (d) Change of priorities
  - (e) Reinstatement to dependence after a period of abstinence

98. Which of the following is a protective factor for good mental health?
- (a) Exercise
  - (b) Low social class
  - (c) Urbanization
  - (d) Economic recession
  - (e) Early pregnancy
99. Barriers to access to mental health services include the following except:
- (a) Lack of knowledge about the services
  - (b) Lack of finance
  - (c) Stigma and discrimination
  - (d) Inaccessibility
  - (e) Fear of mental health workers
100. Which of the following is NOT a primary prevention of mental illness?
- (a) Social networks
  - (b) Being married
  - (c) Positive self image
  - (d) Advice from family members
  - (e) Effective treatment
101. Which ONE of the following would you consider the commonest sexual dysfunction in males?
- (a) Low desire
  - (b) Arousal problem
  - (c) Premature ejaculation
  - (d) Anorgasmia
  - (e) Pain disorders
102. Which one of the following would you consider the commonest sexual dysfunction in females?
- (a) Low desire
  - (b) Arousal problem
  - (c) Premature ejaculation
  - (d) Aversion
  - (e) Pain disorder
103. Sexual anxiety may predispose an individual to all the following except:
- (a) Dyspareunia
  - (b) Premature ejaculation
  - (c) Multiple orgasms
  - (d) A life of abstinence
  - (e) Vaginismus

119. Sub cortical dementias include the following except:

- (a) Parkinson's disease
- (b) Huntington's disease
- (c) Wilson's disease
- (d) Pick's disease
- ~~(e)~~ Binswanger's disease

120. The commonest cause of dementia is:

- (a) Dementia with Lewy body
- (b) Frontal temporal dementia
- ~~(c)~~ Alzheimer's dementia
- (d) Vascular dementia
- (e) Creutzfeldt - Jacob disease

121. Predisposing factors to Alzheimer's disease include the following except:

- (a) Male sex
- ~~(b)~~ Head injury
- (c) Down's syndrome
- (d) Positive family history
- (e) Post menopausal estrogen decline

122. Clinical features of Lewy body dementia include the following except:

- (a) Prominent auditory hallucinations
- (b) Vivid visual hallucinations
- (c) Delirium
- (d) Parkinsonism features
- ~~(e)~~ Disturbed rapid eye movement (REM)

123. Potentially reversible causes of dementia include the following except:

- (a) Normal pressure hydrocephalous
- (b) General paralysis of the insane
- (c) Myxoedema
- ~~(d)~~ Semantic dementia
- (e) Subdural hematoma

124. Combinations of antipsychotic drugs:

- (a) Should never be used
- ~~(b)~~ Can be used in special cases
- (c) Are invariably toxic
- (d) Increase the risk of relapse directly
- (e) Should be used to treat recent onset or newly diagnosed schizophrenia



109. The following is true of alcohol intoxication and sexual performance except:

- (a) It impairs sexual performance
- ~~(b) It causes poor erections~~
- (c) It decreases sexual desire
- (d) It reduces sperm motility
- (e) It increases sexual risk taking

110. Under the following condition, variation in sexual behaviour is considered pathological - Sexual Activity involving:-

- (a) Bonding in consenting adults
- (b) A 65 year old woman and a 22 year old boy
- ~~(c) Consenting adult members of a nuclear family~~
- (d) A 65 year old man and a 22 year old boy
- (e) A consenting stranger

111. The following statements are true with regards to paraphilias except:

- (a) Most paraphilias are very resistant to treatment
- (b) Some are considered crimes in most countries
- (c) Antidepressants particularly the selective serotonin reuptake inhibitors (SSRIs)
- ~~(d) Other forms of treatment include - ECT~~
- (e) Drugs that reduce testosterone levels in males may be used to treat some forms of paraphilias

112. A 45 year old married man has a telescope which he uses to watch women undressing in the opposite block at night. This behaviour is disrupting his marriage. The most likely diagnosis is:

- (a) Exhibitionism
- (b) Paedophilia
- (c) Impotence (erectile dysfunction)
- ~~(d) Voyeurism~~
- (e) Sexual sadism

113. About 50% of all cases of sexual abuse develop PTSD. The main features of PTSD include the following except:

- (a) Re experiencing
- (b) Intrusive thoughts
- ~~(c) Victimisation~~
- (d) Avoidance
- ~~(e) Hyperarousal~~

131. 'Maternity blues' is accurately characterized by which of the following?

- ~~(a)~~ It is more acute than post partum depression
- (b) It is usually a chronic and relapsing syndrome
- ~~(c)~~ It affects 50 - 80% of all new mothers
- (d) It is characterised by persistent apathy
- (e) It is not associated with sleep disturbance

132. The basis for the therapeutic effect of electroconvulsive therapy (ECT) is:

- ~~(a)~~ Seizure activity
- (b) Electrical stimulation of the brain
- (c) Memory loss
- (d) The depressed patient's wish for punishment
- (e) The depressed patient's attitude toward ECT

133. The following investigation is not mandatory before electroconvulsive therapy:

- ~~(a)~~ EEG
- (b) Liver function test
- (c) Urea and electrolytes
- (d) Urinalysis
- (e) Fasting blood sugar

134. Electroconvulsive therapy is contraindicated in:

- (a) Pregnancy
- ~~(b)~~ Persons with recent myocardial infarction
- (c) Persons with controlled hypertension
- (d) Persons with history of febrile convulsions in childhood
- (e) Persons aged above 75 years

135. The following is a parasomnia:

- ~~(a)~~ Nightmare disorder
- (b) Narcolepsy
- (c) Primary insomnia
- (d) Breathing related sleep disorder
- (e) Primary hypersomnia

136. Hypersomnia is likely to be due to:

- ~~(a)~~ Depression
- (b) Schizophrenia
- (c) Mania
- (d) Bone fracture
- (e) Anxiety disorder

114. The following are specific strategies that are commonly used during psychotherapy except:

- (a) Sensate Couple focus
- (b) Exploration of different coitus positions
- (c) Use of lubricants
- (d) Sennan's technique
- (e) Exchanging partners

115. NOT TRUE: Perpetrators of sexual abuse are usually:

- (a) Mentally ill
- (b) Plan and plot overtime if known to child
- (c) Usually target children who are shy and have low self esteem
- (d) Males close to and known to the children
- (e) Are represented in all socio economic groups

116. Which one of the following is correctly matched in terms of degree of risk of transmission of HIV:

- (a) Anal sex - Moderate risk
- (b) Vaginal sex - Higher risk than anal sex
- (c) Oral sex - Moderate risk
- (d) Scarification - No risk
- (e) Sharing needles - High risk

117. Which of the following is not true of cultural practices that have been implicated in the transmission of HIV?

- (a) Female genital mutilation
- (b) Polygamous marriages
- (c) Marriage of adolescent girls by older men
- (d) Sharing ceremonial beer from one drinking utensil
- (e) Wife inheritance

118. Social interventions for the management of an episode of schizophrenia include all of the following except:

- (a) Addressing need for time off work/school
- (b) Protection of the patients social support networks
- (c) Providing public education that decrease/prevent mental illness related stigma
- (d) Improving social networks
- (e) Limit contact with family during the whole period of time that a patient is symptomatic

School: \_\_\_\_\_  
Class/Form: \_\_\_\_\_  
Subject: Psychology

- (a) Factitious disorder
- (b) Conversion disorder
- (c) Somatization disorder
- (d) Hypochondriasis
- (e) Obsessive disorder

143. Choose the correct answer with regard to delirium:

- (a) Delirium is characterized by a disturbance of consciousness and a change in cognition that develop over a short period of time
- (b) Tremor, myasthenia, in coordination and urinary incontinence are common neurological symptoms
- (c) Abnormalities in mood, perception and behaviour are common psychiatric symptoms
- (d) Symptoms are worse at night
- (e) All of the above are true

144. All of the following are psychotic disorders except:

- (a) Antisocial personality disorder
- (b) Schizophrenia
- (c) Schizophreniform disorder
- (d) Delusional disorder
- (e) Brief psychotic disorder

145. Psychoeducation after an acute psychotic episode should include:

- (a) Information to the patient and primary care providers in the home
- (b) Information about anticipated side effects of medications
- (c) Information on course of illness
- (d) Information on the diagnosis
- (e) All of the above are true

Theme: Hallucinations (For Questions 146 – 150)

- A. Autoscopic
- B. Extracampine
- C. Hygie
- D. Hypnagogic
- E. Hypnopompic
- F. Kinesthetic
- G. Reflex
- H. Second person auditory
- I. Thermic

125. Regarding the treatment of anxiety disorders:

- (a) Antipsychotic drugs remain the first line choice
- (b) Antidepressants when used correctly, offer rapid relief
- (c) Benzodiazepines should never be used because of their addictive properties
- ~~(d)~~ The dose of tricyclic antidepressants should be reduced gradually to avoid rebound effects
- (e) An apparent worsening of symptoms may be seen when starting treatment with antidepressants

126. Useful interview techniques include: except

- (a) Summation
- (b) Silence
- ~~(c)~~ Missing appointments
- (d) Homework
- (e) Directive questioning

127. In reviewing a psychotic patient the following are important: Collaborative the best response

- ~~(a)~~ Medications used, their doses and side effects
- (b) Social needs
- ~~(c)~~ The history from the caretaker
- (d) Suicidal tendencies
- (e) Physical health

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

- (a) Agitated behaviour
- (b) Loud snoring
- ~~(c)~~ Sleep walking
- (d) Gasping
- (e) Bed wetting

129. Regarding a person with alcohol abuse of the following are true except:

- (a) Recurrent legal problems related to alcohol
- (b) Continued use despite recurrent interpersonal or social problems
- (c) Failure to fulfill role obligation at work or home because of recurrent drinking
- ~~(d)~~ Stop to abuse alcohol if advised to stop
- (e) Accidents are common

130. All of the following are symptoms of depression except:

- ~~(a)~~ Anhedonia
- (b) Terminal insomnia
- ~~(c)~~ Thought broadcasting
- (d) Loss of interest to all pleasurable activities
- (e) Nihilistic delusions

137. 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 investigations

138. Postpartum psychosis:

- (a) Is an example of psychotic disorder not otherwise specified
- (b) Poses no danger to the patient and others
- (c) There is no relationship between the disorder and Bipolar 1 Mood disorder
- (d) Hormonal treatment has been found to be effective
- (e) Most women develop the disorder during their third or more delivery

139. A clinical feature of post partum psychosis is:

- (a) Delirium
- (b) Confabulation
- (c) Hypersomnia
- (d) Passivity phenomena
- (e) Delusion

140. A delusion can best be defined as:

- (a) A false belief that meets specific psychological needs
- (b) Perceptual misrepresentation of a sensory image
- (c) Perceptual representation of a sound or object not actually present
- (d) View point able to be changed when convincing evidence to the contrary is presented
- (e) Dissociative reaction

141. In Schizophrenia psychotic symptoms such as hallucination, delusion, disorganized speech and grossly disorganized or catatonic behaviour are known as:

- (a) Positive symptoms
- (b) Negative symptoms
- (c) Mediating symptoms
- (d) Catastrophic symptoms
- (e) Perpetuating symptoms

Select the hallucination that is described in each of the following cases:

- 146. A patient with a persistent delusion that he is a vaquero tells you that he often looks in mirrors and sees no reflection of himself at all. B
- 147. A schizophrenic gentleman is convinced that he can hear foreign agents in a different city discussing amongst themselves how they are going to assassinate him. D
- 148. An anxious patient in the ward tells nursing staff how he saw a hooded figure coming to get him as he was about to fall asleep. D
- 149. A patient becomes highly distressed in response to seeing workmen putting up a shelf on the ward. On questioning she states she can feel them hammering into her head. A
- 150. An elderly gentleman with psychotic depression tells you that he hears a voice telling him that he is more evil than Hitler and how he should go about killing himself to save the world from his sinfulness. H

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