



**UNIVERSITY OF NAIROBI**

**College of Health Sciences**

**SCHOOL OF MEDICINE**

**DEPARTMENT OF PSYCHIATRY**

**HPS 600: MBCHB YEAR VI CONTINUOUS ASSESSMENT TEST**

**DATE: 27/03/2019**

**TIME: 7.00 AM – 8.00 AM**

**INSTRUCTIONS**

**1. ANSWER ALL QUESTIONS**

1. Which of the following client problems would best fit with Behavior Therapy?

- a. Wanting to feel connected
- b. Wanting to quit smoking**
- c. Exploring new job options
- d. Learning your past
- e. Passing Exams

2. Cognitive behavioral techniques

- a. Can be applied with patients with dementia
- b. Are aimed at enabling depressed or anxious patients to think more positively and rationally**
- c. Need not be modified for use with older patients
- d. Can be employed by therapists without a full CBT training
- e. Includes the 'three column technique

3. Key questions that can be used in the practice review include:

- a. How do you feel?**
- b. What went so well?
- c. What have you learned as a result of what happened?
- d. What is new from previous?
- e. How have things been?**

pls choose what you think is okay,  
english was the topic of  
discussion.

4. Systematic desensitization is used best in treatment of:

- a. Autism
- b. Schizophrenia
- c. Mood disorders
- d. Phobias**
- e. Somatoform disorders

5. Biopsychosocial needs assessment before starting CBT involves all of the following except:

- a. Determining the nature and degree of the disability
- b. Identification of health related problems and resources that are available for treatment
- c. Paying attention to the cause of the problem, the extent and nature of the problem.
- d. Identification of health, psychological and social problems.
- e. Identification of self-actualization needs.

6. Attachment between infant and caregiver refers to:

- a. The infant clinging to the caregiver
- b. The infant maintaining proximity to the caregiver
- c. Someone who is interactive and responsive
- d. The infant recognizing the caregiver
- e. The infant smiling

7. All of the following statements indicate the importance of Growth and development in children by a parent, except;

- a. Knowing what to expect of a particular child at any given age.
- b. Gaining better understanding of the reasons behind illnesses.
- c. Helping in formulating the plan of care.
- d. Helping in formulating the education in order to achieve optimal growth & development at each stage
- e. Knowing how a child will appear physically in adulthood

8. In the childhood, individual's behavior is most influenced by

- a. Community
- b. School
- c. Peer group
- d. Family
- e. Religious group

9. Freud believed that defense mechanisms were unconscious attempts to prevent awareness of unpleasant or unacceptable ideas. Brianna is 17 years old now and has unconsciously forgotten incidents of sexual abuse by her father that occurred when she was 8 years old. Freud would term this as:

- a. Regression
- b. Displacement
- c. Rationalization
- d. Projection
- e. Repression

10. The following statements indicate red flags/Problems in infant's development except;
- a. **Sitting** alone without support by age 9 months
  - b. Unable to transfer objects from hand to hand by age 1 year
  - c. Abnormal pincer grip or grasp by age 15 months
  - d. Unable to walk alone by 18 months
  - e. Failure to speak recognizable words by 2 years
11. Regarding Benzodiazepines which statement is TRUE.
- a. Tolerance and dependence do not develop with prolonged use.
  - b. Not strongly bound to plasma proteins.
  - c. **Benzodiazepines are effective in phobic states.**
  - d. Zopiclone and Zolpidem half-life is more than 8 hours.
  - e. Withdrawal symptoms peak at 7-8 days for long acting benzodiazepines.
12. The following are recognized side effects of Benzodiazepines except:
- a. Ataxia
  - b. Drowsiness
  - c. Anterograde amnesia
  - d. Impaired judgement
  - e. **Insomnia**
13. The following are recognized symptoms of the Benzodiazepine withdrawal syndrome except:
- a. Tremor
  - b. Depression
  - c. **Ataxia**
  - d. Apprehension
  - e. Perceptual disturbance
14. Which of the following is FALSE regarding Buspirone:
- a. Buspirone is a 5-HT<sub>1A</sub> agonist
  - b. **Does not interact with Monoamine Oxidase Inhibitors**
  - c. Effective in the management of generalized anxiety disorders.
  - d. No affinity for benzodiazepine receptors.
  - e. Associated with nervousness early in treatment
15. Side effects of Lithium include except:
- a. Tremor
  - b. Muscle weakness
  - c. **Decreased urine output**
  - d. Hypothyroidism
  - e. Weight gain
16. Side effects of SSRIs include except:
- a. Sexual dysfunction
  - b. Gastrointestinal symptoms
  - c. Suicidal behavior
  - d. **Weight gain**
  - e. Serotonin syndrome

- The following statements about antidepressants are false except:
- a. Mianserin is an SSRI (Selective serotonin reuptake inhibitor)
  - b. Reboxetine is a NaSSA (Noradrenergic and specific serotonergic antidepressants)
  - c. Mirtazapine is a NARI (Noradrenaline reuptake inhibitor)
  - d. Trazodone is an SNRI (Serotonin/noradrenaline reuptake inhibitors)
  - e. Nefazodone is an SSRI (Selective serotonin reuptake inhibitor)
18. Elizabeth Kubler-Ross described the death process in 5 stages: Which ONE is not among the five stages
- a. Denial
  - b. Anger
  - c. Anxiety
  - d. Depression
  - e. Acceptance
19. The following drugs can be used in the management of a violent patient except;
- a. Chlorpromazine
  - b. Chlorpheniramine
  - c. Lorazepam
  - d. Midazolam
  - e. Olanzapine
20. In regard to a delusional patient; Which ONE is not true;
- a. Delusions may be thought of as a maladaptive strategy against overwhelming anxiety, lowered self-esteem and confusion.
  - b. They should never be challenged because the patients feels threatened to defend them
  - c. The doctor should pretend that he/she holds the same belief with the patient
  - d. The more you respect their beliefs the more they are likely to open up to you.
  - e. May be associated with psychosis
21. Group therapy promotes psychological wellbeing through all the following except:
- a. The cognitive exploration of the interactions among members
  - b. Affective exploration of the interactions among members
  - c. Interactions among members and between members and the therapist.
  - d. It involves a small group of members and one or more therapists
  - e. It involves a large group of members and one or more therapists
22. Which of the following is correct about both Group Therapy and Self support groups?
- a. The goal of both is assisting members in coping with their immediate problems
  - b. Both have the potential to alleviate psychological suffering.
  - c. Both are led by trained therapists.
  - d. Group therapy has members with same problems while self-help groups has members with different problems.
  - e. All the above are correct.

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23. Which of the following characteristic does not make Group therapy effective?
- Interpersonal Learning
  - Provides a point of let out
  - I have a unique problem
  - Instillation of hope
  - Universality
24. The psychoeducation in Cognitive Behavior Therapy helps the client to realize the following except:
- Establish rapport
  - Monitor automatic thoughts
  - Substitute more realistic cognitions for distorted thoughts
  - Identify and alter underlying beliefs that predispose individuals to engage in faulty thinking patterns
  - Recognize the relations among cognition, affect and behavior
25. Which of the following is not part of the CBT therapy?
- Provision of relaxation training
  - Review homework
  - Teach strategies for problem solving
  - Unselfish giving
  - Teach patient sleep hygiene strategies
26. Cognitive Behaviour Therapy (CBT) best treats all the following except:
- Depression
  - Anxiety
  - Autism
  - Post-traumatic stress disorder (PTSD)
  - Eating disorders
27. Causes of and treatment of depression in terminally ill result from the following except:
- Medical causes resulting in mood disorders.
  - Treatment with steroids.
  - Metabolic and electrolyte abnormalities.
  - Nutritional deficiencies.
  - None existential causes
28. Causes of delirium in terminally ill patients include the following except:
- Polypharmacy.
  - Steroids.
  - Immuno suppression.
  - Vitamin deficiency.
  - All the above
29. The following have been associated with death and dying studies except:
- Elizabeth Kubler Ross.
  - Thomas Hackett.
  - Ned Cassem.
  - Cicely Saunders.
  - Abraham Maslow

30. Seven Cs of care of terminally ill include the following except:

- a. Concern.
- b. Competence.
- c. Cohesion.
- d. **Cheerfulness**
- e. Confidentiality

31. Death and dying studies address the following issues except:

- a. Breaking the news.
- b. Stages of death and dying.
- c. Death beliefs.
- d. Uniform determination of death.
- e. **Agreement on Euthanasia**.

32. Complicated bereavement has been associated with the following except:

- a. Multiple, sudden or unexpected deaths.
- b. Low self-esteem.
- c. Dependency and ambivalence.
- d. Insecure attachment patterns.
- e. **No prior substance abuse**.

33. The following psychotherapies are indicated for the chronically ill except:

- a. **Psychoanalytic therapy**.
- b. Supportive therapy.
- c. Group therapy.
- d. Cognitive behavior therapy.
- e. Family therapy.

34. Which of the following is an example of a specific Learning disability?

- a. Mental Retardation
- b. **Dyslexia**
- c. ADHD
- d. Autistic spectrum disorders
- e. Tourette syndrome

35. An example of a developmental disorder is:

- a. ADHD
- b. Dyslexia
- c. Mental Retardation
- d. **Autistic spectrum disorders**
- e. Tourette syndrome

36. In learning disabilities, the name for mathematical disorder is:

- a. Dyspraxia
- b. Dyslexia
- c. **Dyscalculia**
- d. Dysphasia
- e. Dysphagia