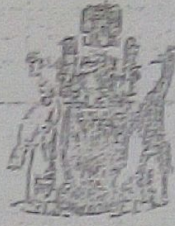


① ✓ FKA ④



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

The following sleep disorders are dysomnias except

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

Dysomnias

Restless leg syndrome
Nocturnal myoclonia-paralytic leg

Space occupying lesions →
Risk of cerebral herniation
Brain haemorrhage, ↑ ICP,
Uncontrolled seizures
Primary insomnia
Primary hypersomnia
Narcolepsy
Breathing related sleep disorder
Circadian rhythm sleep disorder

'pks

relative CI
neocortex
W/L
dysplasia
dysplasia
cardiac symptoms
Pulsatile
MC/T
Intracranial mass
Recent stroke (LH)
Recent MI
Raised ICP
Indications
Depression - MDD esp elderly
Bipolar
Callosal abn
Acute psychosis

3. Anticonvulsants in Psychiatry are used in the management of the following except
- A) Alcohol withdrawal ✓ and benzodiazepine disorder
 - B) Mania ✓ valproate (bid) panic & anxiety
 - C) Schizoaffective disorder ✓ atypical
 - D) Depression ✓ major depressive Schizophrenia
 - E) Alcoholic hallucinosis ✓ alcohol withdrawal - appetite disorder

4. In generalized anxiety disorder, the following is contraindicated
- A) Coffee and other caffeinated beverages, alcoholic drinks
 - B) Milk
 - C) Beta blockers
 - D) Benzodiazepines
 - E) SSRIs (Selective Serotonin Reuptake Inhibitors)

5. The following is true regarding a violent patient
- A) Is psychiatric emergency → hypotension
 - B) The therapist should assume an aggressive attitude
 - C) Intravenous chlorpromazine is used for rapid neuroleptization
 - D) The doctor require at least 1 hour for interviewing relatives and others accompanying him/her before commencing treatment X
 - E) Will normally attack medical staff in uniform

6. The following is true for Postpartum depression
- A) Common among Primigravida within 8-12 wks after delivery
 - B) Same as postpartum blues
 - C) Have a history of psychiatric hospitalization
 - D) Basically a schizophrenia manifesting at child's birth X
 - E) ECT is contraindicated X
- Etiology: hormonal fluctuations, progesterone, prolactin, oxytocin, only intervention: Reassurance, Unhappy marriage, Unhappy pregnancy*

Risk factors
 family history of mood disorders
 mood disorders in the partner

7. The following is atypical antipsychotic drugs except
- A) Clonazepam
 - B) Olanzapine ✓
 - C) Clozapine ✓
 - D) risperidone ✓
 - E) Quetiapine ✓

8. The most common psychiatric disturbance associated with cushings disease is
- A) Depression major depression
 - B) Mania * *
 - C) Mixed affective state
 - D) Schizophrenia
 - E) Dementia

9. 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, inordinate pining may be early signs of prolonged grief states

Others: early parental death/divorce, divorce, remarriage

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 *Daytime drowsiness*
- B) Loud snoring *Periodic respiration*
- C) Sleep walking *Parasomnia*
- D) Gasping *brief arousals*
- E) Bed wetting *Enuresis*

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

organic brain disorder

13. For mood stabilizers the following is true

- A) Are usually not given to patients with Bipolar 1 Mood Disorder *X*
- B) Sodium Valproate is suitable in patients with rapid cycling of mood
- C) Lithium Carbonate is no longer used for mood stabilization *X*
- D) Quetiapine is a mood stabilizer *antipsychotic*
- E) Are usually used in the first 3 months of treatment only *X*

14. The following is a parasomnia

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

Parasomnias :-
Night terror
Sleep terror disorder
Sleep walking

1° sleep ds - dysomnias
Parasomnias: night mare

15. Hypersomnia is likely to be due to

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

✓ 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 investigations

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 1 Mood disorder
- D) Hormonal treatment has been found to be effective
- E) Most women develop the disorder during their third or more delivery

18. A clinical feature of postpartum psychosis is

- A) Delirium
- B) Confabulation
- C) Hypersomnia
- D) Passivity phenomena - *selinge*
- E) Delusion in 50%
hauisatop - 225

Denial of baby, Harass baby, fatigue, insomnia, irritability, restlessness, aggression, hostility, irritability

19. Which one of the following is not a parenting factor that influences career 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) Chlorpromazine
- E) Chlordiazepoxide

superior ptse low problems
used in alcoholic withdrawal convulsions & delirium

* 21. Tolerance doesn't develop to which of the following symptoms/signs in opiate dependence?

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

Minimal or none → miosis, constipation, convulsions
moderate → Bradycardia
High tolerance → analgesia, euphoria, mental clouding, N, V, respiratory depression, arrhythmias, hypotension, cyanosis

Schneider (1957)

22. 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 *passivity*
- Auditory hallucinations*
Delusion of passivity
Delusion of being controlled

23. 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

24. An example of a specific phobia is fear of
- A) Horses *agoraphobia*
 - B) Public transportations *Animal, peaces, vomit*
 - C) Pupils
 - D) Social situations *social phobia*
 - E) Crowds *agoraphobia*

25. 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 defense of
- A) Denial
 - B) Repression
 - C) Reaction formation
 - D) Isolation
 - E) Projection *attributing their own unacceptable feelings to another person*
- Denial of: Repression is kept out of being conscious*
Displacement of anger to bear with doctor
Sublimation is anger to work
Regression is infantile sucking

26. 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 *empathetic*
 - D) Seeking clarification of statement not understood
 - E) Tolerating silence

27. Which of the following is not true of a mental status
- A) Speech can be coherent but irrelevant
 - B) Affect is the subjective expression of emotion *objective -> affect*
 - C) Flight of ideas are a component of thought disorder
 - D) Loosening of associations is a thought disorder
 - E) Depersonalization is a perceptual disorder
- mood -> subjective*

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 conditions

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

people tend to take 30's
23 - 58 years

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 mothers
- 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 ~~x~~
- 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 ✓
- D) Allowing children to attend the funeral and to visit the dying patient in hospital
- E) Explaining death in clear and simple terms ✓

37. The following is a treatment of mania

- A) Fluoxetine
- B) Propranolol
- C) Benzehexol chloride
- D) Mirtazipine
- E) Sodium valproate

38. Transference

- A) Is similar to counter transference → therapist too positive for pt
- B) Occurs in short term psychotherapy → long term
- C) Therapist should ignore it and proceed with therapy
- D) Therapist should counter it with counter transference ~~x~~
- E) May hinder treatment progress if not properly addressed

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

- ~~A) Confabulation is always present~~ * ~~Wernicke's~~ ~~Encephalopathy~~
- ~~B) Difficulty learning new materials is so characteristic~~ ✓
- C) Peripheral neuropathy is very disabling
- D) Brain stem hemorrhages usually occur
- E) It is a chronic condition ~~x~~

1
triad of:
- Ophthalmia
- Confusion
- Ataxia

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

- A) Paroxetine → SSR1
- B) fluoxetine → SSR1
- C) Fluvoxamine — SSR1
- D) sertraline — SSR1
- 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 *requires both a sudden drop in circulation & an organic cause for this*

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 has a disturbance in the form of thought called

- A) Word salad
- B) Circumstantiality → *Train of association is interrupted but central idea is nearly present*
- C) Tangentiality
- D) Verbigitation
- E) Blocking

44. What treatment is recommended as first line treatment for a 9 year old with hyperkinetic disorder and no other co morbidities

- 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 at the likelihood of harm
- c) Tolerance of uncertainty
- d) Overinflated sense
- e) None of the above is true

2013

5/10

MULTIPLE CHOICE QUESTIONS (MCQ)

1. Evaluation of thyroid function may be particularly helpful in the diagnosis and of which of the following conditions:

- a) Phobic disorder
- b) Schizotypal personality disorder
- c) Major depression *hypothy*
- d) Schizophrenia
- e) None of the above

also cortisol

2. 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 behaviour
- b) Loud snoring
- c) Sleep walking
- d) Gasping
- e) Bed wetting

Dysomnias - 1st insomnia
- Sleep apnoea
- Narcolepsy
- (irregular) rhythmic sleep
- breathing app. - sleep ap
- Dysomnia due to the misperception

3. 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
Brain atrophy > than expected for H
Wider sulci
larger ventricle

4. Which of the following disorders has the most frequently positive family history?

- a) Post-traumatic stress disorder
- b) Social phobia
- c) Bipolar disorder
- d) Generalized anxiety disorder
- e) Somatoform disorder

5. Which of the following descriptions fits people who are at particular risk for suicide?

- a) They rarely communicate their intent
- b) They seldom have close family members who died by suicide
- c) They are almost always psychiatric
- d) They rarely have history of previous suicide attempts
- e) None of the above

Depression / Byp
suicide risk
family of history
Psychotic features

6. A delusion can 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
- e) Dissociative reaction

Delusion of poverty

Rf
P
inflow
for review
in choice - name
of worth (inward)
depression
histic
broader

7. Calculation of an IQ score requires knowledge of an examinee's

- a) Mental age and educational level
- b) Chronologic age and education level
- c) Mental age and chronologic age
- d) Mental age, chronologic age, and educational level
- e) Mental age and psychiatric history

Mental X 100
Chronological

For Questions 8 - 9

The format for the reporting of diagnosis detailed by the Diagnostic and statistical manual of the American Psychiatric Association (DSM-V) is multi-axial. Each case is assessed along several axes, each of which is descriptive of a different class of information.

- I - Psychiatric diagnosis
- II - Impairing Personality (aka problems)
- III - General Medical (aka problems)
- IV - Psychological/Environmental problems by the pt
- V - Level of functioning

8. The presence of a personality disorder would be reported on

- a) Axis I - Clin
- b) Axis II - Personality
- c) Axis III - med
- d) Axis IV - pt
- e) Axis V - GAF

either
GAF

9. A physical illness that was relevant to a patient's diagnosis or management would be reported on

- a) Axis I
- b) Axis II
- c) Axis III
- d) Axis IV
- e) Axis V

10. The mental status examination includes all the following EXCEPT

- a) Thought process ✓
- b) Mood and affect ✓
- c) State of consciousness ✓
- d) Family history
- e) Memory ✓

Consciousness ✓
Affect ✓
Thought process ✓
Memory ✓
Attention ✓
Intelligence ✓
Thought ✓
Mood ✓
Affect ✓
Thought process ✓
Memory ✓

A person sitting alone and behaving as if listening intently suddenly begins to nod and mutter aloud. This person most likely is experiencing

- a) A delusion - thought content
- b) An illusion
- c) A hallucination - auditory
- d) An idea of reference
- e) A flight of ideas

Attention ✓
Intelligence ✓
Thought ✓
Mood ✓
Affect ✓
Thought process ✓
Memory ✓

20. Battered and abused children are
- a) Usually from poor families ✓
 - b) Most frequently affected from ages 6 to 8 yrs ✓
 - c) Commonly born to parents who were themselves abused ✓
 - d) Most often abused by their fathers ✓
 - e) Most frequently female ✓ *boy victims equal but boys become abusers*

21. The state of cataplexy
- a) May be precipitated by an orgasm ✓ *intense emotions*
 - b) Is associated with unconsciousness ✓
 - c) Involves a sudden increase in general muscle tone ✓
 - d) Often lasts for 1 to 24 hrs ✓
 - e) Is usually treated with narcoleptics ✓

22. Hypothalamic function is closely related to all the following EXCEPT
- a) Sleep ✓
 - b) Appetite ✓
 - c) Memory ✓
 - d) Sexual behaviour ✓
 - e) Fear ✓

23. The Kluver-Bucy syndrome is characterized by
- a) Compulsive anal activity ✓ *hyperorality*
 - b) Rage attacks ✓ *challenging*
 - c) Hypersexuality ✓ *visual agnosia*
 - d) Hypophagia ✓ *hyperprosex*
 - e) Catalepsy ✓

24. The majority of mentally retarded persons are classified as mildly retarded, with IQs on standard psychological tests of
- a) Below 34
 - b) 35 to 49
 - c) 50 to 70 ✓ *70 - 50 mild*
 - d) 71 to 85
 - e) 85 to 95
- 35 - severe retardation
Fully dependent*
- 50 - mild retardation*
- 70 - normal*

25. All the following drugs are commonly used in the treatment of attention deficit disorder EXCEPT:
- a) Lorazepam ✓ *BZ*
 - b) Amphetamine ✓
 - c) Methylphenidate ✓
 - d) Pemoline ✓
 - e) Imipramine ✓ *anti-depressant*

26. Psychiatric features commonly found in patients with Addison's disease include all the following EXCEPT:

- a) Depression
- b) Memory impairment
- c) Irritability
- d) Excessive energy
- e) Anxiety

27. The most common cause of dementia in the elderly is

- a) Multiple cerebral infarcts
- b) Normal pressure hydrocephalus
- c) Alzheimers disease
- d) Huntingtons disease
- e) Hardening of cerebral arteries

28. The most common psychiatric disturbance associated with Cushing's syndrome is

- a) Depression
- b) Psychosis
- c) Organic mental disorder
- d) Mania
- e) Anxiety neurosis

29. Which of the following statements regarding thought disorder is true?

- a) It is invariably found in schizophrenia
- b) It is sometimes exhibited by patients with mania
- c) It is sometimes exhibited by patient's panic disorder
- d) It is reflected in the speech but not the written communication schizophrenia
- e) It is a phenomenon of schizophrenia first described by Sigmund Freud

30. Which of the following statements about visual hallucinations is true?

- a) ~~They are common than auditory hallucinations in schizophrenia~~
- b) ~~They are also always frightening to the patients~~
- c) They are more common in schizophrenia than in organic brain disorder
- d) ~~They are a common occurrence in schizotypal personality disorder~~
- e) None of the above

31. Clozapine (clozaril) is a drug used to relieve chronic symptoms of

- a) Bipolar disorder
- b) Major depression
- c) Chronic schizophrenia *atypical anti psychotic*
- d) Alzheimer's disease
- e) Panic disorder

12. The most common side effects associated with clozapine include all the following EXCEPT:

- a) Extrapyramidal effects ✓
- b) Sedation ✓
- c) Agranulocytosis ✓
- d) Hypersalivation ✓
- e) Seizures ✓

13. Which of the following drugs may induce a psychosis that is easily confused with, or misdiagnosed as, paranoid schizophrenia

- a) Barbiturates
- b) Heroin
- c) Benzodiazepines ✓
- d) Amphetamines ✓
- e) Chlorpromazine

14. In the criteria set forth by DSM-IV, which of the following would distinguish schizophrenia from a manic episode?

- a) The schizophrenic patient will exhibit evidence of a thought disorder ✓
- b) The manic patient is persistently elated, whereas the schizophrenic patient displays blunted, flat, or inappropriate affect ✓
- c) The schizophrenic psychosis is most often treated with neuroleptic medication ✓
- d) The schizophrenic psychosis is episodic while mania is generally continuous ✓
- e) None of the above

15. The statements about delusional disorder include all the following EXCEPT:

- a) Delusional disorder is highly related to schizophrenia disorder ✓
- b) Delusional disorder is unrelated to depressive disorder ✓
- c) Premorbidly the patient tend to be more extroverted ✓
- d) The incidence is equal in homosexual and heterosexual persons ✓
- e) The delusions are well systematized and non bizarre ✓

16. Studies of bipolar illness show an average concordance rate in monozygotic twins of about

- a) 5 percent
- b) 20 percent
- c) 50 percent
- d) 80 percent
- e) 95 percent

5-25% → dizygotic twins

37. 27 year old woman seeks evaluation for her "depression" in an
 She reports episodic feeling of sadness since adolescence. Occasional
 but these periods seldom last more than 2 weeks. Feeling of inadequacy
 She is able to work but thinks she is not doing as well as she would. In de-
 problems she seems to focus more on repeated disappointments in herself
 discrete depressive symptoms. In your differential diagnosis at this point, the most
 diagnosis is

- a) Major depression
- b) Adjustment disorder with depressed mood
- c) Cyclothymia
- d) Childhood depression
- e) Dysthymia

For Questions 38 - 39

One month after her mother's death from chronic heart disease, a 25 year woman with
 prior psychiatric history has the onset of irritability, difficulty concentrating, sudden
 of crying, and difficulty falling asleep

38. The most likely diagnosis would be
- a) Major depression
 - b) Dysthymia
 - c) Posttraumatic stress disorder
 - d) Uncomplicated bereavement
 - e) Adjustment disorder
- griefing of 1 mo
 generalized loss of
 or pressure of
 withdrawal*

39. Appropriate possible treatment approaches include all the following EXCEPT:
- a) Antidepressant medication
 - b) Neuroleptic medication
 - c) Short-term psychodynamic psychotherapy
 - d) Support groups
 - e) Cognitive psychotherapy
- Neuroleptics
 - Sedative beyond*

40. The cognitive functioning of a person with a major depression is often characterized by
 all the following manifestations EXCEPT:
- a) Bizarre association
 - b) Suicidal ideation
 - c) Obsessive rumination
 - d) Concentration impairment
 - e) Memory impairment

41. 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
- Deep-brain stimulation*

12. "Maternity blues" is accurately characterized by which of the following:

- a) It is more acute than postpartum depression T
- b) It is usually a chronic and relapsing syndrome F
- c) It affects 50-80 percent of all new mothers T
- d) It is characterized by persistent apathy F
- e) It is not associated with sleep disturbance F

2 weeks after delivery

13. While delusions of any variety can occur in major depressive disorder with psychotic features, the most common delusions are

- a) Mood-incongruent
- b) Mood-congruent
- c) Mood-unrelated
- d) Mood-controlling
- e) None of the above

14. A 55 year old, married professor without a previous psychiatric history is in her early in the menopause. In addition to experiencing "hot flashes" and some irritability, she complains of episodes of dizzy spells and memory lapses, which she had experienced on several occasions earlier in life. She denies depressive symptoms either now or in the past. In particular, we would evaluate her for possible

- a) Schizophrenia → at least 6 months
- b) Major depression → 2 weeks of depressed mood or loss of interest
- c) Psychomotor epilepsy → 1000 signs of depression
- d) Dysthymia → 2 years of depressed mood for at least
- e) Panic disorder

15. A diagnosis of bipolar disorder might be appreciated for patients who have all the following EXCEPT:

- a) Recurrent depressions and history of mania ✓
- b) Recurrent depressions without a history of mania
- c) Mania now and a history of a depressive episode ✓
- d) Mania now without a history of past affective disturbances ✓
- e) A history of several manic episodes without depressions ✓

16. Cyclothymia is distinguished from major affective disorder primarily by

- a) Family history ✓
- b) An absence of chronicity ✓
- c) Age of onset ✓
- d) Severity and duration of symptoms
- e) Preexisting personality patterns ✓

Major affective disorder 2 weeks (4#) 2 years for cyclothymia

17. True statements about depression that occurs concomitantly with a medical illness include all the following EXCEPT:

- a) It may be the result of medication ✓
- b) It is usually unresponsive to antidepressant medication ✓
- c) It may not be related to the medical illness to appear ✓
- d) It may be the first symptom of medical illness to appear ✓
- e) It may have the same signs and symptoms as endogenous depression ✓

48. Which of the following disorders is an absolute contraindication to the use of electroconvulsive therapy (ECT)

- a) Aortic aneurysm *greater*
- b) Brain tumor
- c) Coronary artery disease
- d) Pregnancy *X*
- e) None of the above

No absolute C

49. Characteristically the personality disorders

- a) Are minor disturbance that respond quickly to treatment *X*
- b) Cause little impairment in adaptive functioning *X*
- c) Rarely cause any subjective distress *Objective*
- d) Are usually evident by adolescence *except antisocial personality*
- e) Often have periods of remission up to 1 year *X*

enduring pattern that deviates markedly

50. The most common finding in patients with factitious disorder is

- a) An associated major mental disorder *X*
- b) An aggressive, assertive personality style *X*
- c) Frequent signing out of hospitals *X*
- d) Self-administered injection or self medication *self inflicted harm*
- e) Lack of medical training *X*

no external benefits
assume sick role
constituted

Self-inflicted harm
subjective complaints
facing of physical/psychological S/S

Directions: For Questions 51 - 55 each question below contains four suggested responses of which one or more is correct. Select

- A. if 1, 2, and 3 are correct
- B. if 1 and 3 are correct
- C. if 2 and 4 are correct
- D. if 4 is correct
- E. if 1, 2, 3 and 4 are correct → 53

51. Schizoid personality disorder is differentiated from schizotypal personality disorder

- 1 An absence of close relationships and friends *both*
- 2 Constricted affect *Schizoid & both*
- 3 Avoidance of social situations *both*
- 4 An absence of oddities of behaviour perception, and speech *D*

52. The circumplex model is useful in making the diagnosis of which of the following conditions

- 1 Schizophrenia
- 2 Anxiety disorder
- 3 Somatoform disorders
- 4 Personality disorders *✓*

53. Medical complications commonly found in bulimia nervosa include

- 1 Hypokalemic alkalosis *✓*
- 2 Paratoid gland enlargement *✓*
- 3 Cardiac arrhythmias or failure *✓*
- 4 Gastric dilation *✓*

vomiting
metabolic alkalosis
hypokalemic

54. Anorexia nervosa is characterized by which of the following

- 1 An intense fear of obesity ✓
- 2 Distorted body image "feeling fat" even when emaciated ✓
- 3 Refuse to maintain weight over minimum normal weight ✓
- 4 Weight loss of less than 85 percent body weight ✓

55. Persons with antisocial personality disorder typically do which of the following:

- 1 Convey an impression of intelligence of psychiatric examiners
- 2 Explain their behaviour away with an appropriate expression of feeling ✓
- 3 "Burn out" (i.e. remit) by mid adulthood ✓ *remit by 5th decade*
- 4 Respond to a brief course of limit-setting psychotherapy ✓ *most difficult personalities*

56. The statements about disulfiram (Ant abuse) include all the following EXCEPT

- a) It interferes with the metabolic breakdown of ketones
- b) It may cause a reaction from the use of after-shave lotion
- c) It becomes fully effective only 12 hrs after ingestion ✓ *3-12 hrs*
- d) It may cause a reaction up to 2 week after it is discontinued ✓
- e) It may cause a toxic psychosis unrelated to alcohol ingestion

Aldehyde dehydrogenase
remains fully effective for 24-48 hrs.
→ tachycardic

For Questions 57 - 59

A 35 year old man stumbles into the emergency room. His pulse is 100 beats per minute, his blood pressure is 170/95 mm/Hg and he is diaphoretic. He is tremulous and has difficulty relating history. He does admit to insomnia the past two nights and thinks a curtain is a ghost in the room. He also states he has been a drinker since age 19, but has not had a drink in 4 days.

delirium

57. The most likely diagnosis is

- a) Adjustment disorder
- b) A typical psychosis
- c) Alcohol withdrawal delirium (delirium tremens) ✓
- d) Alcohol intoxication
- e) Alcohol idiosyncratic intoxication

58. Initial drug treatment usually includes

- a) Haloperidol 10 mg IM ✓
- b) Chlorpromazine 50 mg IM
- c) Lithium 300 mg PO
- d) Chlordiazepoxide 50 mg PO ✓
- e) Imipramine 50 mg PO

59.

Appropriate follow-up treatment for this patient would include all the following EXCEPT

- a) Complete history and physical examination with emphasis on hepatic, gastrointestinal and neurologic functioning ✓
- b) Psychological assessment to identify social or environmental stressors contributing to the problem ✓
- c) Social assessment to identify social or environmental stressors contributing to the problem ✓
- d) Referral to Alcoholics Anonymous (AA) ✓ → support group
- e) Fluphenazine decaonate (motecate) 1 ML IM, with an appointment to his local mental health clinic for follow up. ✓

60.

The diagnosis of alcohol dependence includes all the following EXCEPT.

- a) Impaired social or occupational functioning ✓
- b) The need for daily drinking to function adequately ✓
- c) Lack of tolerance for alcohol ✓ tolerance for alcohol
- d) An inability to cut down or stop drinking ✓
- e) Pathological use of alcohol ✓

61.

Abnormalities found in the offspring of women who abuse alcohol during pregnancy include all the following EXCEPT.

- a) Low birth weight ✓
- b) Microcephaly and maxillary hypoplasia ✓
- c) Mental retardation ✓
- d) Excessively placed intelligence ✓
- e) Cardiac anomalies ✓

62.

All the following drugs are used in pharmacologic treatment of ethanol withdrawal EXCEPT.

- a) Benzodiazepines ✓ dose per from pro safe
- b) Carbamazepine ✓ seizures
- c) Amphetamines ✓ withdrawal
- d) Beta-adrenergic blocking drugs ✓
- e) Antipsychotics ✓ abnormal alcohol withdrawal ✓ B1 deficiency

63.

Wernicke-Korsakof syndrome is seen in chronic alcohol abuse and is characterized by all the following symptoms EXCEPT

- a) Ataxia ✓
- b) Nystagmus and paralysis of certain ocular muscles ✓
- c) Confabulation ✓
- d) Loss of remote memory ✓ anterograde amnesia
- e) Confusion ✓

Wernicke triad
 - ataxia
 - oculo motor disturbances
 - delirium

Korsakoff
 - severe memory impairment
 - anterograde amnesia
 - aphasia
 - apraxia
 - agnosia

Delirium tremens, which can develop in persons who abstain from drinking after prolonged period of alcohol use, is characteristically associated with all the following

EXCEPT

- a) Bradycardia
- b) Tremor
- c) Vivid visual hallucinations
- d) Disorientation to time and place
- e) A course of 3 to 7 days

psychomotor activity

Severe → heavily sweating, paranoid delusions, agitation, sudden cardiovascular collapse

Match the following

- a) Tolerance
- b) Potentiation
- c) Withdrawal
- d) Dependence
- e) Addiction

→ When 2 drugs are taken together intensifies actions of the other

physical dependence → addiction

- 65. A repertoire of behaviours that maintain drug use → e.g. self-administration
- 66. Requirement of a larger dose of the drug to obtain the same effect → tolerance
- 67. A physiologic states that follow cessation of or reduction in drug use → withdrawal
- 68. A syndrome of clinically significant symptoms following cessation of substance use → dependence

- 69. In psychoanalytic theory, the phenomenon of transference
 - a) Occurs only in the relationship between the therapist and the patient
 - b) Impedes the progress of therapy because it distorts reality
 - c) Make it difficult to reconstruct the patients past
 - d) Involves the unconscious imposition of the experience of a past relationship on to a present one
 - e) It manifested primarily in the patients dreams

The psychotherapy of personality disorders is made more difficult by the fact that character traits are usually

- a) Ego-dystonic
- b) Ego-syntonic
- c) Unrelated to conflict
- d) So difficult to identify
- e) Unrecognized by important persons in the patient's life

In psychoanalytic psychotherapy the occurrence of countertransference is

- a) Inevitable to the process
- b) Almost always harmful to the process
- c) A sign that the patient should be referred to another therapist
- d) A sign that the therapist is excessively neurotic
- e) An indication that the therapist dislikes the patient

72. In general group therapy is intended to enable individuals to enable the following EXCEPT

- a) Learn new models of behaviour ✓
- b) ~~Develop~~ Disorder that their problems of behaviour ✓
- c) Develop a sense of belonging ✓
- d) Develop "basic trust" ✓
- e) Change their behaviour to comply with group models.

73. Which of the following drugs has shown the greatest efficiency in the treatment of obsessive compulsive disorder?

- a) Alprazolam (Xanax) ✓ *BZV anxiolytic*
- b) Clomipramine (Anafranil) ✓ *SSRI*
- c) Propranolol (Inderal)
- d) Phenobarbital
- e) Lithium

Cognitive behavior therapy

74. The anticholinergic syndrome may occur with overdoses of all the following drugs EXCEPT

- a) Tricyclic antidepressants ✓
- b) Antipsychotics ✓
- c) Antihistamines ✓
- d) Antiparkinsonian agents ✓
- e) Anticholinesterase drugs ✓ *↑ Cholinergic stim*

75. Early central nervous system signs of lithium toxicity include all the following EXCEPT

- a) Seizures ✓
- b) Ataxia ✓
- c) Tremor ✓
- d) Confusion ✓
- e) Dysarthria ✓

Tremor → most common adverse effect of Lithium toxicity. Propranolol & atenolol effective in lithium induced tremor

For Questions 76 - 77

A psychiatrist is called into evaluate a wealthy 85-year-old man, who is drawing up a new "last will" and is concerned that it might be challenged after his death on the basis of possible reduced mental capacity

76. The psychiatric evaluation would be for the purpose of determining the patient's

- a) Sanity versus insanity
- b) Testamentary capacity
- c) Ability to distinguish right from wrong
- d) Judgemental capacity
- e) Insight

77. The essential components of a valid will include all the following EXCEPT

- a) The absence of any axis I diagnosis ✓
- b) Knowledge of the nature and extent of ones assets ✓
- c) Knowledge of relatives and natural heirs ✓
- d) Knowledge that a will is being made ✓
- e) Freedom from undue influence ✓

78. A 69 year old man is suspected of having an acute onset of multiple small infarcts. The finding on mental status examination that would be most supportive of this diagnosis

- a) A change in cognitive functioning ✓
- b) Depressed mood
- c) Inappropriate affects
- d) Delusional thinking
- e) Anxiety

79. Organic mental disorders typically are characterized by

- a) Mental confusion, disorientation and memory loss ✓
- b) Mental confusion auditory hallucination and thought disorder
- c) Depression, auditory hallucinations and disorientation
- d) Depression visual hallucinations and thought disorder
- e) Depression, grandiosity and sleep disorder

80. The syndrome of delirium is usually characterized by the following EXCEPT

- a) Inattention ✓
- b) Illusions ✓
- c) Clouded consciousness ✓
- d) Elated mood
- e) Visual hallucinations ✓

ESSAY (Answer ALL Questions)

1. Mr. Otieno, a 45 year old Accountant comes to the out patient department with symptoms suggestive of depression. His wife died 10 months ago.
- a) List the clinical features of depression. (5 marks)
 - b) What are the possible differential diagnoses (5 marks)
 - c) How would you differentiate abnormal grief reaction from depression (5 marks)
 - d) How would you manage this patient? Assume that the patient is suffering from major depressive illness. (10 marks)

conversion
Done

2. A 20 year student presents to you with episodes of what appears to be uncontrolled convulsions. The nurse on duty informs you that they have been seeing several students in the same school suffering from the same condition. The student is accompanied by a classmate, mother, & class teacher

symptoms
coordination or balance
localised weakness
epileptic
retention

- a) What history would you ask accompanying people to confirm a diagnosis of conversion disorder. (7 marks)
- b) What are the symptoms and signs of conversion disorder. (7 marks)
- c) How do convulsions in conversion disorder differ from those of epilepsy. (5 marks)
- d) Outline the management of conversion disorder. (5 marks)

symptoms
in sensitive
illuminations

3. Mr. Abuto, a 24 year old university student is brought to you by colleagues after he fought another student. He informs you that he fought the student because he had been discussing him with other students, alleging that he is a homosexual. The patient complains that there is a gadget put in his brain to monitor his thoughts. He sometimes feels that his thoughts are withdrawn, and broadcasted. At other times he feels that foreign thoughts are being put into his brain.

conversion disorder

- a) What is the most likely diagnosis in this patient. What would be a differential diagnosis. (5 marks)
- b) What questions would you ask to confirm your diagnosis. (10 marks)
- c) Outline the clinical features of the condition he is suffering from. (5 marks)
- d) Outline management of the patient. (5 marks)

4. a) Outline the anxiety disorders list under the DSMIV classification. (5 marks)
- b) List the clinical features of post traumatic stress disorder (10 marks)
- c) List the clinical features of Generalized anxiety disorder. (10 marks)

5. Lucia has brought her 75 year old father to the out patient medical clinic. Previously, an organized man he has been noticed to be unconcerned about order. He is also rude and has been embarrassing his family by loudly uttering rude comments. You suspect that he suffers from dementia
- What are the differential diagnosis. (5 marks)
 - What psychosocial history would you like to ask. (5 marks)
 - What investigations would you like to do. (5 marks)
 - Outline the clinical features of dementia (5 marks)
- 6.
- Outline the (DSMIV classification) features of drug dependence. (7 marks)
 - List the necessary investigations in a patient with alcohol dependence. (7 marks)
 - Outline the management of alcohol dependence. (10 marks)
7. A 25 year old woman, Njeri gave birth a week ago. She is brought to the outpatient department by the husband because he found her crying with the baby laid on the floor next to an assortment of knives she was mumbling something about "sacrifice". The medical registrar has examined Njeri and declared that she has illness. The psychiatric on call has been called and she has requested you to assess Njeri before she arrives
- What is the most likely psychiatric diagnosis. Give reasons. What are the differential diagnoses. (10 marks)
 - What additional information would you ask the husband. (5 marks)
 - Discuss with psychiatrist your management plan. (10 marks)