



# UNIVERSITY OF NAIROBI

College of Health Sciences

SCHOOL OF MEDICINE

DEPARTMENT OF PSYCHIATRY

MBCHB LEVEL VI SECOND CONTINUOUS ASSESSMENT TEST 2018/2019  
MULTIPLE CHOICE QUESTIONS

DATE: JULY 19, 2019

TIME: 8.00 – 9.00 AM

INSTRUCTIONS:

- Answer all questions.
- Choose one correct response for each question.

1. In behavior therapy, the theoretical models which guides techniques include
  - a) Cholergenic and Operational conditioning
  - b) Empathic understanding
  - c) Analysis of dreams
  - d) Classical and operant conditioning
  - e) Post trauma training
2. Clients needing enough information about the counseling process to be able to make informed choices is known as
  - a) Making decisions
  - b) Freedom of choice
  - c) Informed consent
  - d) Client consent
  - e) Therapy consent
3. The main tenant of humanistic theory is that
  - a) All humans have potential to be good and strive for higher level functioning
  - b) All humans are good and bad at the same time
  - c) All humans are good but they need a special counseling session for better direction
  - d) All humans are not good and need to be disciplined well
  - e) All humans are not good but with client-centred therapy can become better
4. The bottom most and the highest needs in Maslow's self-actualization triad are
  - a) Biological and safety needs
  - b) Safety and esteem needs
  - c) Biological and self-actualization needs
  - d) Biological and esteem needs

e) Safety and self-actualization needs

5. \_\_\_\_\_ concentrates on observable, measurable behaviors and not mental processes
- Psychoanalysis
  - Behaviorism
  - Existentialism
  - Humanism
  - Humanistic Perspective
6. If you are a behaviorist psychologist, one of the core areas of inquiry will be
- Unconscious
  - Empathy
  - Learning
  - Writing
  - Reading
7. The constructs 'unconscious', 'free association' and 'defense mechanisms' belong to which one of the following?
- Cognitive theory
  - Humanistic theory
  - Social learning theory
  - Psychoanalysis
  - Commonsense psychology
8. What is transference?
- Displacement of feelings from future experiences to past experiences
  - Displacement of ideas from mother to child
  - Displacement of feelings, attitudes, behavioral expectations and attributes from important childhood relationships to current ones
  - Transferring material resources to a client's bank account
  - Defense mechanism that helps to keep tabs on feelings of security
9. The main premise of CBT is that
- The cognition needs to be tied in with behavioural issues
  - Cognition affects behaviour
  - Psychiatric/psychological disorders involve dysfunctional thinking
  - There needs to be a humanistic approach in addressing psychopathology
  - All psychopathology is the same
10. Which of the following lithium levels are generally considered to be solidly in the therapeutic range for treatment of mood disorders?
- 0.1 to 0.3 mEq/L
  - 0.4 to 0.6 mEq/L
  - 0.6 to 0.8 mEq/L
  - 1.0 to 1.2 mEq/L
  - 1.3 to 1.5 mEq/L

11. Which of the following has been associated with lithium use during the first trimester of pregnancy?
- Ebstein's anomaly
  - Edelstein's anomaly
  - DaCosta's syndrome
  - Goldberg's anomaly
  - Goldstein's anomaly
12. In DSM – IV –TR mental retardation are divided into a number of degrees of severity, depending primarily on the range of IQ score provided by the sufferer. One of this is mild mental retardation, corresponding to an IQ score between
- 60 -65 to 80
  - 40 -55 to 60
  - 50 – 55 to 70
  - 70 – 75 to 90
  - 50 – 55 to 40
13. The quality of life of people with intellectual disabilities can be improved significantly with the help of basic training procedures that will equip them with a range of skills depending on their level of disability. The application of learning theory to training in these areas is also known as:
- Applied cognitive approaches
  - Applied treatment analysis
  - Cognitive behavioral therapy
  - Dialectical behavioral therapy
  - Applied behavioral analysis
14. To diagnose mental retardation (intellectual disability) the onset of symptoms should be for the age of ..... (years)
- 5
  - 12
  - 7
  - 18
  - 23
15. Which of the following is not a feature of sexual arousal in females
- Excessive sweating
  - Vaginal Lubrication
  - Increased heart rate
  - Increased blood supply in the genitals
  - Erection of the clitoris
16. Sexual function may be affected by all the following except
- Age
  - Medication
  - Level of education
  - Socioeconomic status and habitation
  - Culture

17. Which of the following is the correct progression in stages of the sexual response cycle in males by Masters and Johnson
- Desire- Excitement- Orgasm- Resolution- Plateau
  - Desire- Excitement- Plateau- Orgasm- Resolution
  - Excitement- Desire- Orgasm- Resolution- Plateau
  - Plateau- Desire-Excitement- Orgasm- Resolution
  - Excitement- Desire- Plateau- Resolution- Orgasm
18. Acts of violence in most cultures are perpetrated against women by men by virtue of the female gender being: Select the least common
- Weaker physical strength
  - Low status in society
  - Lack of resources
  - Level of Education
  - Socio-cultural norms
19. Which one of the following is not a form of sexual violence covered under the Sexual Offences Act
- Defilement- Penetration with child
  - Pornography- manufacture/distributes/supplies/display
  - Child trafficking
  - Sexual harassment
  - Female Genital Mutilation
20. Which of the following is not considered among emergency prophylactic drugs after rape?
- Post Exposure Prophylaxis
  - Emergency Contraceptive Pill
  - Antibiotics
  - Analgesics
  - Antidepressants
21. An ideal mental hospital should fulfill the following needs for people with severe mental illness except:
- Provide therapy,
  - Administer medication,
  - Give medical treatment,
  - Provide work and vocational training,
  - Train the patients in entrepreneurship.
22. De-institutionalization is not an option due to the following factors except:
- Most people with severe mental illness deserve safety and refuge.
  - People with severe mental illness can easily fit in into their communities upon discharge.
  - People with severe mental illness may end up in jail, and prisons
  - People with severe mental illness may become homeless
  - Institutes provide primary interventions till patients achieve remission.

23. The objectives of modern mental health hospitals include the following except:
- Generally aim at providing holistic care for people with severe mental illness
  - They generally regard mental illness as caused by biological factors hence they are manageable.
  - Some people with severe mental illness are amoral and deserve punishment and shame.
  - Mentally disturbed people who cause problems in the community needs hospitalization.
  - It is believed that there are some "curable" mentally ill patients
24. Regarding institutionalization of people with severe mental illness,
- There are laws intended to preserve liberty and prevent wrongful hospitalization,
  - There is need to identify and treat people early in their diseases,
  - Preserving the rights of people with severe mental illness is mandatory,
  - They should be treated in the most restrictive settings for safety,
  - Institutionalization is the last resort in ideal communities.
25. Choose the false response regarding laws of deinstitutionalization of people with severe mental illness.
- Deinstitutionalization has allowed many people to be re-hospitalized
  - Deinstitutionalization has resulted in difficulty being admitted to a hospital leading to homelessness,
  - Deinstitutionalization has resulted in many untreated mentally sick.
  - Deinstitutionalization may lead to "dying with one's rights on"
  - The laws on deinstitutionalization have gone too far in protecting the "rights" of people with severe mental illness.
26. The following are risk factors in psychological reaction to grief, **except**?
- Those with pre-existing psychiatric disorders
  - Dysfunctional circumstances
  - Lack of good support system
  - Good support system
  - Family history of psychiatric disorders
27. Parents should consider the following when attending the funeral with a child, **except**?
- The age of the child
  - What service will include
  - How emotional service will be
  - The children's relationship to the person
  - Peoples reaction
28. Which of the following developmental stages would not understand illness
- Under two
  - Three years
  - Four years
  - Five years
  - Six years

29. Complications of induced abortion can be reduced by the following, **except**:

- a) Routine use of ultrasound
- b) Cervical priming
- c) Prophylactic antibiotics
- d) Carrying out surgical procedures at 12 weeks of gestation
- e) Dedicated operating lists

30. Which of the following is **not one** of the roles of a social worker in mental health care?

- a) Counselling
- b) Advocacy
- c) Psychological Aid
- d) Legal Assistance
- e) Assessment

31. Effective rehabilitation of the mentally ill patients involves the following, **except**:

- a) Deindividuation
- b) Deinstitutionalization
- c) Social support
- d) Creating awareness about mental illnesses
- e) Follow-up of patients

32. The following are ways of handling difficult patients or co-workers, **except**:

- a) Sympathize with the patient.
- b) Set firm boundaries
- c) Acknowledge their feelings
- d) Don't try to change them
- e) Make your relationship with the patient not the "disease" but the target of change

33. Stress reduction and management methods include the following, **except**:

- a) Regular exercises
- b) Proper nutrition
- c) Time management
- d) Meditation
- e) Isolation

34. Preparation of pregnancy and Birth is important for the following reasons, **except**:

- a) Psychological well-being of the child
- b) Psychological well-being of the mother
- c) Close relationship between the couple
- d) Safe delivery
- e) All the above

35. Antidepressants are classified into different classes depending on their biological action. Which of the following is not a selective serotonin reuptake inhibitor (SSRI)?

- a) Sertraline.
- b) Citalopram
- c) Fluoxetine.
- d) Paroxetine.

e) Mirtazapine.

36. In bipolar disorder, which of the following is useful in acute mania?

- a) Bupropion.
- b) Carbamazepine.
- c) Imipramine.
- d) Sertraline.
- e) Tranylcypromine.

37. About inducing a manic episode or "switching", which of the following class of drugs is causative?

- a) Benzodiazepines.
- b) Atypical antipsychotics.
- c) Antidepressants.
- d) Mood stabilizers.
- e) Typical antipsychotics.

38. About the management of bipolar disorder, which of the following induces a metabolic syndrome?

- a) Lamotrigine.
- b) Lithium.
- c) Lorazepam.
- d) Olanzapine.
- e) Sodium valproate.

39. Which One of the following is NOT a sexual disorder?

- a) Voyeurism
- b) Exhibitionism
- c) Fetishism
- d) Aichomophilia
- e) Froteurism

40. Relaxation is shown to be effective in managing anxiety. Which of the following is NOT a relaxation exercise that has been researched on in connection with CBT?

- a) Progressive muscle relaxation.
- b) Progressive Anxiety relaxation.
- c) Yoga.
- d) Diaphragmatic breathing relaxation.
- e) Imagery.