



# UNIVERSITY OF NAIROBI

UNIVERSITY EXAMINATIONS 2017/2018

LEVEL 5 EXAMINATIONS FOR THE DEGREE OF BACHELOR OF  
MEDICINE AND BACHELOR OF SURGERY

MCQS - PSYCHIATRY

DATE: MARCH 26, 2018

TIME: 9.00 A.M. - 11.00 A.M.

## 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 *Empathy & Sympathy*
- (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 - Autonomy vs doubt
- (b)  Genital - Identity vs confusion
- (c)  Latency - Industry vs inferiority
- (d)  Oral - Trust vs mistrust
- (e)  Phallic - Initiative vs guilt

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

- (a) Ivan Pavlov ✓ - *Classical conditioning*
- (b) Jean Etienne Dominique Esquirol - *first to combine clinical description of mental illness*
- (c) Philippe Pinel - *pioneer in medical treatment of mental illness*
- (d) Emil Kraepelin ✓ - *Diff Schizo from manic depressive psychosis*
- (e) Eugene Bleuler ✓ - *Schizo was splitting of mind 3 + As (Affect, Abgias, Aschobria)*

4. The following are associated with behaviour therapy except:

- (a) B.F Skinner ✓ - operant conditioning technology
- (b) Joseph Wolpe ✓ - Behavior - systematic desensitization
- (c) ~~Jean Piaget~~ ✓ - Cognitive dev → 4 stages of mental dev
- (d) J.B Watson ✓ - father of behaviorism
- (e) ~~A. Lazerus~~ ✓ - Behav

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
- (d) Free association
- (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 tab 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

8. Unselfishly assisting others to avoid negative personal feelings refers to: (psychopathology)

- (a) Sublimation - Route unacceptable drive to a socially acceptable way (violent - martial arts)
- ~~(b) Altruism~~
- (c) Displacement
- (d) Condensation
- (e) Projection

Mature defenses  
- Anticipation  
- Suppression (push to unconscious)  
- Sublimation  
- Altruism

Immature defenses (16)  
- projection  
- displacement  
- Splitting

practice? These techniques is the fundamental base of any psychotherapy

- (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
- (e) Psychoeducation

- Flooding - Exposure tx
- Sys desensitization
- Modelling
- Relaxation training
- Social skills training
- Assertion training
- Multimodal therapy
- Applied behaviour analysis
- Dialectical behavioural tx
- Mindfulness based stress reduction time eg yoga
- Acceptance & commitment tx

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

- (a) Unconscious
- (b) Preconscious
- (c) Existentialism
- (d) Unconditional Positive Regard ✓
- (e) Conditional Negative Regard

↳ solution focused tx  
Congruence  
✓ accurate & pathetic understanding

psychographic model  
conscious  
unconscious  
subconscious

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

structure of personality  
ego  
superego

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

14. The following are correct about group therapy except:
- (a) The group therapy must be run by a professionally trained mental health worker
  - (b) Group therapy is the same as support group
  - (c) Group therapy is **effective** in treatment of mental disorders
  - (d) Group therapy must be **structured**
  - (e) Group therapy is based on theoretical approach depending on the mental health problem
15. Exposure therapy is an effective behavioural management technique that is useful in managing all of the following mental health problems in CBT (Cognitive Behaviour Therapy) except:
- (a) Phobias ✓
  - (b) Relationship difficulties ✓
  - (c) Schizophrenia ✗
  - (d) Sleeping disorders ✓
  - (e) Eating disorders ✓
16. A number of aspects of learning are used in the principles of CBT (Cognitive Behaviour Therapy). Which of the following is NOT a principle of learning during CBT?
- (a)  ① Operant conditioning ✓ *Positive reinforcement as behavior; negative reinforcement ↓*
  - (b)  ② Transparent conditioning
  - (c)  ③ Classical conditioning ✓ *Pavlov*
  - (d)  Negative Reinforcement ✓
  - (e)  ④ Social learning ✓ *Cognitive factors, Environ. factors, Behavioural factors } their rship*
  - ⑤ Cognitive behavioural tx ✓
17. 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 (Cognitive Behaviour Therapy)?
- (a)  Progressive muscle relaxation ✓
  - (b)  Progressive Anxiety relaxation ✓
  - (c)  Yoga ✓
  - (d)  Diaphragmatic breathing relaxation ✓
  - (e)  Imagery ✓ *Relaxation Cognitive*
18. According to CBT (Cognitive Behaviour Therapy) where do the early maladaptive schemas or bottom lines originate from?
- (a) Current negative experiences and relationships
  - (b)  Early childhood negative experiences and relationships
  - (c) Peer pressure and friendship influences
  - (d) The cognitive behaviour therapy done in the sessions
  - (e) In early adulthood years as an adult starts managing their livelihoods

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 ✓ - Social learning

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 & unconscious
- (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 - C
- (b) Relaxation B
- (c) Symbolisation C
- (d) Repeated irrational thoughts C
- (e) Examining thoughts of the client during therapy C

23. One of the following psychological problems cannot be managed using CBT. Which ONE is it?

- (a) Eating disorder
- (b) Depression
- (c) SAD (Seasonal Affective Disorder)
- (d) PTSD
- (e) Dementia

24. Which ONE of the following is NOT a general aim in CBT?
- (a) Modifying maladaptive behaviour patterns ✓
  - (b) ~~Eliminating completely environmental conditions that may be causing or maintaining such problematic behaviors - Teach them how to cope~~
  - (c) Improving clients' skills related to work and social interactions ✓
  - (d) Resolve some inner conflicts and stress handicapping and disabling the client ✓
  - (e) Restructuring a persons distorted cognition ✓
25. Which ONE of the following statements is true about CBT?
- (a) All mentally ill persons can be managed using CBT approach . x
  - (b) CBT process starts with behaviour modifications before restructuring client's distorted believe system x Beliefs → Behavior
  - (c) Some of the more responsive subjects one may not remember the process
  - (d) ~~Clients recruited for CBT always report feeling bored x~~
  - (e) CBT is applied among clients with alcohol problems so that social skills are built on concrete process ✓
26. The following CBT techniques are applied during CBT except:
- (a) ~~Listening as the patients talk about their emotional difficulties - psychoanalytic~~
  - (b) Assertive training ✓
  - (c) ~~Systematic desensitization ✓~~
  - (d) Contingency management - used in addiction tx programs [operant conditioning]
  - (e) Token economy ✓ response shaping, modelling → +ve reinforcement
27. Which of the following statements is true about aims of family therapy?
- (a) Therapist induces Arguments x
  - (b) ~~Therapy improves communication~~
  - (c) Therapy decrease autonomy for each member
  - (d) The therapy does not improve agreement about roles
  - (e) The therapy increases distress in the member who is the patient
28. Which one of the following is not true about models for family therapy?
- (a) ~~One member is treated individually by another therapist~~
  - (b) Group therapy is carried out in a family therapy session ✓
  - (c) Couples learn from listening to other families members ✓
  - (d) All family members are seen together ✓
  - (e) Individual therapy can go on with the same therapist but at different times ✓
29. Family therapy is not indicated in following situations:
- (a) Communication problems between family members ✓
  - (b) Role problem by the child ✓
  - (c) Treatment of young persons with Anorexia Nervosa ✓
  - (d) Relapse prevention in Schizophrenia
  - (e) ~~Manic phase of a member with Bipolar 1 mood disorder~~
- ↳ Contraindication

30. 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) Identify 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 x
  - (b) Therapist does not encourage family members to speak to each other x
  - (c) System tasks focus on behaviours which occur rarely x
  - (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
- (b) Catatonic
- (c) Hebephrenic
- (d) Paranoid
- (e) Cri du chat syndrome

Schizophrenia.

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 - *(1° delusion) - preceded by delusional mood or perception but nothing else*
- (b) Delusion of reference - *"Out of the blue" memory*
- (c) Delusion memory
- (d) Delusion mood - *global, ominous feeling of something impending*
- (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 - *measures person's attention capacity & skills.*
- (e) Receptive dysphasia

35. The following are psychological treatments of depression except:

- (a) Cognitive behaviour therapy ✓
- (b) Group therapy ✓
- (c) Individual psychotherapy ✓
- (d) Family therapy ✓
- (e) Electroconvulsive therapy - PHYSICAL Rx

E.C.T indications :-

1. Major depressive disorder
2. Schizophrenia
3. Manic episodes.

36. A woman who has lost a pregnancy can experience all of the following except:
- (a) Guilt
  - (b) Personal failure
  - (c) Inadequacy
  - (d) Positivity
  - (e) Anger
37. Prolonged grieving due to loss of pregnancy can occur due to:
- (a) The loss and grief being minimized by those around her
  - (b) Seeing or being allowed to see the foetus or baby
  - (c) Getting support from the partner
  - (d) Knowing the cause of the loss of pregnancy
  - (e) Not worried about future pregnancies
38. The most widely prescribed pharmacological treatment for attention deficit hyperactivity disorder (ADHD) is:
- (a) Diazepam
  - (b) Ritalin - methylphenidate - block NE & Dopamine re-uptake
  - (c) Lithium
  - (d) Risperidone
  - (e) Largactil
39. Altruism, humour and sublimation are part of which of the following defence mechanisms? *+ suppression, anticipation*
- (a) Immature - *acting out, somatization, denial, magical thinking*
  - (b) Mature
  - (c) Neurotic
  - (d) Narcissistic
  - (e) Psychotic
40. Patients with psychogenic pain disorder have the following characteristics except:
- (a) Have ongoing pain, not due neoplastic disease
  - (b) Have no significant ongoing pathophysiological mechanisms that account for the ongoing pain
  - (c) Have a life history of inability to form any psychological view of life problems
  - (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



41. All of the following are specific somatoform disorders listed in DSMIV TR except:

NOT ICD 10

- (a) Conversion disorder ✓
- (b) Pain disorder ✓
- (c) Hypochondriasis ✓
- (d) Body dysmorphic disorder ✓
- (e) Differentiated somatoform disorder

Somatization

42. A 30 year old female prisoner when invited by the prison medical officer to come into the interview room takes four steps backwards from the door. She came into the room when the officer asked her to go away. Which ONE of the following behavioural disorders of schizophrenia is she exhibiting?

- (a) Advertence - asc & catatonic schizo
- (b) Ambitendency -
- (c) Negativism
- (d) Satyriasis - uncontrollable or excessive sexual desire in a man
- (e) None of the above

43. Which ONE is odd amongst the following?

- (a) Paroxetine SSRI
- (b) Fluoxetine SSRI
- (c) Fluvoxamine SSRI
- (d) Sertraline ~ SSRI
- (e) Risperidone 2nd gen

44. A 40 year old female with a long history of Schizophrenia relapses. On examination she holds her arm and face in a peculiar posture which is maintained for a few minutes at a time. What motor disorder is she exhibiting?

- (a) Ambitendency - acting opposite in conflict situations
- (b) Mannerism ✓
- (c) Schnauzkrampf - grimace of parting in catatonic schizophrenia
- (d) Stereotypy - Posture
- (e) None of the above

45. A 26 year old man is diagnosed with Schizophrenia. Which one of the following predicts a poor prognosis?

- (a) Absence of negative symptoms Good
- (b) Being married Good - social support
- (c) Few or no episodes in the past - Good premorbid hx
- (d) Good premorbid personality
- (e) Gradual onset Poor  
Acute

For questions 46-48

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 day dreaming

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 ✓ Heritability ~ 80%

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 adults in all of the following ways except:
- (a) The child and the clinician are at different developmental levels such that they may have difficulties in communication ✓
  - ~~(b)~~ The clinician need only focus on the assessment and treatment of the child
  - (c) The child may function differently at different settings
  - (d) The child's presenting problems must be examined in a developmental context ✓
  - (e) There are developmental differences in the presentation of mental illness as categorized in DSM-IV TR / DSM 5 ✗

51. Which of the following is considered the single strongest predictor of adolescent substance abuse?
- (a) Parental permissiveness
  - ~~(b)~~ Having friends who use drugs
  - (c) Low socio economic status
  - (d) History of poor academic performance
  - (e) Parental attitudes towards drinking and their drinking habits

- \* 52. Symbolic functioning, structure, content and expressions of and control of aggression are characteristics of which component of the population – appropriate mental status exam for toddlers and infants?
- (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 *Poor*
  - ~~(b)~~ Non-acute insidious onset *ie sudden - Good*
  - ~~(c)~~ Presence of affective symptoms *Good e.g depression*
  - (d) Low IQ *bad*
  - (e) Long duration of untreated psychosis ✓

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 *Bipolar not common in children as manic presents in adolescents*
- (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) - *Radiology*

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 - *irritability in children*
- (c) Medication side effect
- (d) Hydrocephalous ✓
- (e) Substance abuse ✓

*Valproate can cause depression ✓*

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%

parent - 12%  
sibs - 40%  
- 47%  
- 12%  
twin sibling - 8%

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 - hyperactivity ✓
- (c) Dislikes tasks involving mental effort e.g. homework ✓
- (d) Easily distracted ✓
- (e) Appears not to listen, when spoken to ✓

63. The following are depot antipsychotic preparations except:  
*- slow release risperidone*

- (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 ✓ *MINDR*
- (c) Depression ✓ *Bipolar*
- (d) Adjustment disorder - *MINDR*
- ~~(e) Anxiety disorder~~  
*HIV ass dementia*

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~~
- } to do other things*

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 ^ *- trigger onset*
  - ~~(c) Perpetuating - maintain problem~~
  - (d) Protective - *↓ severity of problem*
  - ~~(e) Persecutory f~~
- 4Ps of case formulation*
- Predisposing
  - Precipitating eg -ve experiences
  - Perpetuating eg parent behavior
  - Protective

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

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

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

Administered to these test y/o to measure visual perception & visual memory  
- High amounts of perseveration suggest FRONTAL LOBE damage  
- Omission of peripheral designs -> ? tumor on PARIETAL LOBE

Leventhal, brain injury, thought disorder

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) ~~(c)~~ Lurias motor test
- (d) Semantic memory
- (e) Three object recall

74. Which ONE of the following was the first effective somatic therapy for Schizophrenia or bipolar disorder?

Physical

- (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) Amitriptyline - TCA
- (b) Duloxetine - SNRI
- (c) Mirtazapine - TeCAs
- (d) Paroxetine - SSRI
- (e) Sertraline - SSRI

76. Which of the following Neurotransmitters promotes sleep?

- (a) Acetylcholine
- (b) Dopamine
- (c) Histamine
- (d) Noradrenaline
- (e) Serotonin - Melatonin

77. Which ONE of the following can be used to reduce alcohol consumption in patients who are still consuming alcohol?

- (a) Acamprosate - tx alcohol dependence for outcraving (after stopping drinking)
- (b) Bupropion - smoking cessation
- (c) Disulfiram - a deterrent
- (d) Nalmefene/nalmefene - Mx alcohol dependence & pathological gambling
- (e) Naltrexone - like acamprosate before initiating tx

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 & CLOZAPINE
- (e) Sodium valproate

ZORACQ

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

- (a) Bupropion ~~antidepressant~~ SSRI
- (b) Carbamazepine
- (c) Imipramine TCA
- (d) Sertraline SSRI
- (e) Tranylcypromine MAO-A

1st line - Lithium  
- Antipsychotics  
2nd line - carbamazepine  
- valproate  
- lamotrigine  
3rd line - ECT.



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 ✓ *hair thinning*
- (d) T wave inversion and QRS narrowing ✓
- (e) Memory impairment ✓

82. Side effect of carbamazepine include all the following except:

- (a) Ataxia ✓
- (b) Diplopia *transient diplopia*
- (c) SIADH ✓
- (d) Agranulocytosis ✓
- (e) Leucocytosis ✓

Desired serum level: 0.6-1.2 mEq/L

83. The following are early signs (plasma levels 1.5 - 2 mEq/l) of lithium toxicity except:

- (a) Anorexia *- CARBAMAZEPINE*
- (b) Vomiting ✓
- (c) Diarrhoea ✓
- (d) Coarse tremor ✓
- (e) Nystagmus *- chronic*

Acute - GI  
Acute or chronic - GI neurologic manifestations  
Chronic - neurologic

84. The following statements are true about carbamazepine except:

- (a) Is a GABA agonist
- (b) Affects calcium channels - Na
- (c) Induces its own metabolism
- (d) Has a short half life ✓ *25-65h (initial dosing), 10-20h*
- (e) Affects brain 5-HT function

• Stabilizes inactivated  $Na^+$  channels

85. Which statement is FALSE concerning lamotrigine?

- (a) Seems to be more effective in treating depressive episodes of bipolar *- MANIA*
- (b) Used less than other anticonvulsants for Bipolar Disorder
- (c) Voltage-gated sodium channel agonist ✓ *ANTAGONIST*
- (d) Inhibits the release of glutamate ✓
- (e) Does not cause a rash as one of the main side effects ✓

Valproate - ↑ androgen ∴ PCOS  
- thrombocytopenia ∴ inhibition of PLT aggregation

Idiosyncratic reaction to neuroleptic medication; Lab fever, muscular rigidity, altered mental status & autonomic dysfunction.

86. Neuroleptic malignant syndrome is characterized by all of the following signs and symptoms except:

- (a) High fever ✓ ✓ 73.8°C  
(b) Nausea and vomiting  
(c) Automatic instability ✓ ✓  
(d) Muscle breakdown ✓ ✓  
(e) Elevated creatinine phosphokinase titres ✓ ✓
- Motor symp - gen hypertonicity  
- Autonomic - fever, ↑ BP, tachy, diaphoresis, etc  
- Mental symp - akathisia, mutism, stupor, impaired consciousness  
\* Creatinine phosphokinase ↑ 3 Leukocyte ↑

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 ✓ - medical disorder  
(e) Schizophrenic foundation of Kenya ✓

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

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:

- b
- (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 ✓ *Depression*
- (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 ✓ 1
- (b) Withdrawal symptoms ✓ 2
- (c) Hypersomnia
- (d) Change of priorities ✓ 3
- (e) Reinstatement to dependence after a period of abstinence ✓

*Stereotyped pattern of use  
Relieve drinking*

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 ✓

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) Amenorrhea ✓
- ~~(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 ✓ Beauty industry
- (c) History of sexual abuse ✓
- ~~(d)~~ Intellectual factors ✓ Low IQ
- (e) Racial factors

*Low cultural factor.*

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 - experiencing sexual arousal in response to extreme pain, suffering or humiliation of others.

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)~~ Victimization
- (d) Avoidance
- (e) Hyperarousal ✓ *Early started*

114. The following are specific strategies that are commonly used during psychosexual therapy except:
- (a) Sensate Couple focus ✓
  - (b) Exploration of different coitus positions ✓
  - (c) Use of lubricants ✓
  - (d) Semaan'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 risky
  - ~~(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

119. Sub cortical dementias include the following except:

- (a) Parkinson's disease ✓
- (b) Huntington's disease ✓
- (c) Wilson's disease ✓
- ~~(d)~~ Pick's disease - CORTICAL DEMENTIA
- ~~(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 x Female
- ~~(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 p Visual
- (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 ✓



125. Regarding the treatment of anxiety disorders:

Rx. SSR, buspirone

- (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 anti depressants

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:

Choose 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 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 ✓ Schizophrenia
- (d) Loss of interest to all pleasurable activities ✓
- (e) Nihilistic delusions ✓ Delusion that everything is unreal.

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

Sleep Terror  
Sleep walking  
Parasomnia NOS

136. Hypersomnia is likely to be due to:

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

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 I 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 - *avolition, blunted affect, anhedonia, inattention*
- (c) Mediating symptoms
- (d) Catastrophic symptoms
- (e) Perpetuating symptoms

142. In order to assume the sick role, intentionally produced physical or psychological symptoms are known as:

- (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, nystagmus, 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. Hygric
- D. Hypnagogic
- E. Hypnapompic
- F. Kinesthetic
- G. Reflex
- H. Second person auditory
- I. Thermic

- ...hallucination that is described in each of the following cases:
146. A patient with a persistent delusion that he is a vampire 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. E F
  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

\*\*\*\*\*

Autoscopic hallucinations - hallucinations of one's own physical self  
 - may stimulate the delusion that one has a doppelganger

Hypnagogic & hypnopompic - visual hallucinations occurring moments immediately preceding falling asleep & during transition from sleep to wakefulness respectively.

Extracampine hallucinations - AUDITORY hallucinations where a person can hear the sounds of another person in another city w/ any telecommunication medium

Hygric hallucinations - hallucination of a sensation of fluid within a person's body or outside

Kinesthetic hallucinations - hallucinations of bodily movt