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University Examinations 2023/2024

FOURTH YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF COMMUNITY HEALTH DEVELOPMENT

CCM 3417: MENTAL HEALTH AND SUBSTANCE ABUSE

DATE: APRIL 2024

TIME: 3 HOURS

INSTRUCTIONS:

Answer question one and any other two questions

MCQs

1. Signs of mental illness are
 - a) Abnormal changes in thinking, perception and judgment
 - b) Abnormal changes in feeling and memory
 - c) Both A and B
 - d) Abnormal changes in behaviour towards others
 2. The intervention that would be most appropriate if a male client develops orthostatic hypotension while taking amitriptyline (Elavil) is
 - a. Consulting with the physician about substituting a different type of antidepressant.
 - b. Advising the client to sit up for 1 minute before getting out of bed.
 - c. Instructing the client to double the dosage until the problem resolves.
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- d. Informing the client that this adverse reaction should disappear within 1 week.
 - e. Instruct the client to stop medication immediately
3. Social therapy of mental illness is required for
- a) Treatment of psychosis
 - b) Maintenance of community health
 - c) Rehabilitation of mentally ill persons
 - d) Prevention of addiction
4. Sedatives and tranquillizers are often given for treating
- a) Epilepsy
 - b) Psychosis
 - c) Diffusion
 - d) Anxiety
5. Gynophobia is fear
- a) Cats
 - b) Dogs
 - c) Mice
 - d) Darkness
6. Thought process characterized by a series of ideas without apparent logical connections is referred to as?
- a) Loosening of association
 - b) Flight of ideas
 - c) Confabulation
 - d) Tangentially
7. The ability to understand one's own behaviour and emotion is called?
- a) Judgments
 - b) Insight
 - c) Intelligence

- d) Personality
8. Normal response of an individual to the loss of a loved object is called?
- a) Grief
 - b) Low mood
 - c) Sadness
 - d) Depression
9. Narcolepsy is?
- a) Excessive use of narcotics
 - b) Addiction to narcotics
 - c) Excessive sleep during day time
 - d) Reduced sleep during night
10. Sexual arousal with non-living things is termed as?
- a) Zoophilia
 - b) Pedophilia
 - c) Fetishism
 - d) None of the above
11. The habitual tendency to be anxious in general is called?
- a) Trait anxiety
 - b) Generalized anxiety disorder
 - c) State anxiety
 - d) None of the above
12. An increased sense of psychological well-being and happiness, not in keeping with ongoing events, is called?
- a) Elation
 - b) Ecstasy
 - c) Euphoria
 - d) Exaltation

13. Exaggerated self-importance is a feature of which delusion?
- a) Somatic delusion
 - b) Delusion of grandeur
 - c) Delusion of reference
 - d) All of the above.
14. Which among the following types of schizophrenia thought to have the worst prognosis?
- a) Residual
 - b) Hebephrenic
 - c) Catatonic
 - d) Paranoid
15. What is a defense mechanism?
- a) Any form of martial arts
 - b) A mechanism designed to reduce stress and conflict caused by specific experiences.
 - c) A method for negotiating a stage of development.
 - d) A mechanism designed to remove psychological barriers.
16. An example of classical conditioning is
- a) Rat presses lever for delivery of food.
 - b) Dog learns to salivate on hearing bell
 - c) Pigeon pecks at key for food delivery
 - d) Dogs learn helplessness from electric shocks.
17. Psychoanalysis is an attempt to explain what?
- a) Normal psychological functioning
 - b) Normal and abnormal psychological functioning.
 - c) Abnormal psychological functioning.

- d) Childhood ideation
18. Behaviour modification is an example of which of the following treatment methods:
- a) Enable the individual to unlearn maladaptive behaviours and emotions
 - b) Enable the individual to explore their childhood behaviors.
 - c) Enable the individual to analyze the behaviour of others.
 - d) Enable the individual to modify the behaviour of others.
19. Schizophrenia is usually diagnosed in:
- a) Infancy
 - b) Childhood
 - c) early adulthood
 - d) old age
20. The purpose of "therapeutic communication" is to?
- a) Develop a friendly, social relationship with the patient.
 - b) Develop a parental, authoritarian relationship with the patient.
 - c) Develop a helping, purposeful relationship with the patient.
 - d) Develop a cool, business like relationship with the patient.

SECTION A: SHORT ANSWER QUESTIONS (40 Marks)

1. Define the following terms (5 Marks)
- i. Predisposing Factors
 - ii. Hallucinations
 - iii. Tangential thinking
 - iv. Amorous delusions
 - v. Kakorrhaphiophobia
2. State five(5) members of the Kenya board of mental 'health (5 Marks)
3. Identify five(5) prevention strategies of drug abuse among the youth (5 marks)
4. State five (5) Components of mental status assessment (5 Marks)

5. State five (5) techniques employed in behavior therapy (5 Marks)
6. State five (5) Types of schizophrenia (5 Marks)
7. Explain five (5) types of delusions (10 marks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS)

Question one

Miss Karimi is brought to the psychiatry outpatient department by two policemen.

They allege that she was found on the street beating people. When asked why she was beating people she claims she is Jesus Christ and was cleansing the public of their sins. The clinical officer diagnoses bipolar 1 mood disorder, manic phase

- a) Explain the mode of admission under which Miss T will be committed to the ward. (4 marks)
- b) Explain Differentiate between bipolar 1 mood disorder and bipolar 1 1 mood disorder. (4 marks)
- c) Describe management of Miss T till discharge from hospital. (12 marks)

Question Two

Mr. John aged 40 years is admitted in the maximum security unit of psychiatric hospital Q with schizophrenia. From the magistrate's court, he was found guilty of murder but insane at the time of committing the offense.

- a) Explain the legal admission requirements for Mr. John. (4 marks)
- b) Discuss specific management of Mr. John. (16 marks)