

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

FIRST YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE (NURSING)

NURU 345: MENTAL HEALTH AND PSYCHIATRIC NURSING I

STREAMS: BSC NURSING (UPGRADING Y3S1)

TIME: 2 HOURS

DAY/DATE: TUESDAY 06/08/2019

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- **Do not write anything on the question paper**
- **Mobile phones and any other reference materials are NOT allowed in the examination room.**
- **The paper has THREE sections. Answer ALL questions. Answers for section A should be done on the first page of the answer booklet**
- **Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.**

SECTION A (10 MARKS)

1. The nurse considers a client's response to crisis intervention successful if the client:
 - (a) Learns to relate better to others.
 - (b) Develops insight into reasons why the crisis occurred
 - (c) Changes coping skills and behavioral patterns
 - (d) Returns to his previous level of functioning

2. When providing family therapy, the nurse analyze the functioning of healthy family systems. Which situations would not increase stress on a healthy family system?
 - (a) Parental disagreement
 - (b) An adolescent's going away to college
 - (c) The death of a grandparent
 - (d) The birth of a child

3. The nurse explains to a mental health care technician that a client's obsessive-compulsive behaviors are related to unconscious conflict between id impulses and the superego (or conscience). On which of the following theories does the nurse base this statement?
 - (a) Cognitive theory
 - (b) Psychoanalytic
 - (c) Behavioral theory
 - (d) Interpersonal theory

4. Which factors are most essential for the nurse to assess when providing crisis intervention for a client?
 - (a) The client's use of reality testing and level of depression
 - (b) The client's anxiety level and ability to express feelings
 - (c) The client's perception of the triggering event and availability of situational supports
 - (d) The client's communication and coping skills

5. A client who abuses alcohol and cocaine tells a nurse that he only uses substances because of his stressful marriage and difficult job. Which defense mechanism is this client using?
 - (a) Sublimation
 - (b) Projection
 - (c) Displacement
 - (d) Rationalization

6. According to the family systems theory, which of the following best describes the process of differentiation?
 - (a) Cooperative action among members of the family
 - (b) Incongruent messages wherein the recipient is a victim
 - (c) Development of autonomy within the family
 - (d) Maintenance of system continuity or equilibrium

7. Group members have worked very hard, and the nurse reminds them that termination is approaching. Termination is considered successful if group members:
 - (a) Decide to continue
 - (b) Elevate group progress
 - (c) Focus on positive experience
 - (d) Stop attending prior to termination

8. Behavior modification is an example of which of the following treatment methods?
 - (a) Enable the individual to unlearn maladaptive behaviors and emotions

- (b) Enable the individual to explore their childhood behaviors
 - (c) Enable the individual to analyze the behavior of others
 - (d) Enable the individual to analyze the behavior of others
9. Which one of these models of psychopathology would suggest that psychological disorders result from acquiring dysfunctional ways of thinking and acting?
- (a) Medical model
 - (b) Cognitive model
 - (c) Behavioral model
 - (d) Client-centred model
10. Which of the following is an example of repression?
- (a) Stopping oneself from behaving the way they want to
 - (b) Suppressing bad memories or current thoughts that cause anxiety
 - (c) Suppressing one's natural instincts
 - (d) Stopping others from behaving inappropriately

SECTION B (40 MARKS)

- 1. State ten (10) attributes of a mentally healthy people. (5 marks)
- 2. With examples, discuss the three (3) factors contributing to mental health. (9 marks)
- 3. Describe personality structure as illustrated by Sigmund Freud. (6 marks)
- 4. List the major categories of mental health disorders according to DSM 5. (9 marks)
- 5. Describe five (5) functions of the district mental health boards as spelt out in the mental health act. (10 marks)

SECTION C (20 MARKS)

Discuss the biological basis of human behavior. (20 marks)
