



The Open University of Sri Lanka  
 Department of Nursing. B.Sc. Hons. Nursing Program Level 5  
 Academic Year 2018/19– Semester 1  
 NGU5406 – Psychiatry and Mental Health Nursing  
 No Book Test II

Date: 21. 12. 2018

Time: 11.30a.m – 01.00p.m

Registration Number .....

Duration: 1 ½ hours

This question paper consists of four parts; Part A, Part B, Part C and Part D

**Part A – 10 Multiple Choice Questions**

**(10 marks)**

There are 10 Multiple Choice Questions in this paper and below each question or statement contains **four** responses. Select the **most suitable response** to each question and **encircle** it.

**Part B – 10 Matching Questions**

**(10 marks)**

There are 10 Matching Questions Match the phrases given on the left with most relevant words given on the right. Put the letter belongs to the selected word in the brackets given on the left.

**Part C – 10 Short Answer Questions**

**(50 marks)**

There are ten (10) Questions. Answer **all**.

**Part D – One Structured Essay Question**

**(30 marks)**

There is one (01) Question with four parts. Answer **all** parts within the given space.

Markers Use Only	
Part A	
Part B	
Part C	
Part D	
Total Marks	

*Good Luck!*

**Part A – Multiple Choice Questions (10marks). Answer all.**

1. The Reticular Activating System (RAS) is a part of,
  - a) Forebrain
  - b) Midbrain
  - c) Hind brain
  - d) Cerebrum
  
2. Symptoms of schizophrenia can be divided in to two groups as positive and negative symptoms. A negative symptoms of schizophrenia is,
  - a) Delusions
  - b) Hallucinations
  - c) Excitement or agitation
  - d) Affective blunting
  
3. What is Delirium?
  - a). A disturbance of mood
  - b). A syndrome characterized by an impairment of consciousness along with global impairment of cognitive function
  - c). A syndrome that occurs more commonly in elderly
  - d). A progressive condition resulting in problems with intellect, memory and personality
  
4. According to psychoanalytic theory of Sigmund Freud, in which of the following developmental stage do the Oedipus complex and Electra complex may arise?
  - a) Oral stage (birth to 1 ½ year)
  - b) Anal stage (1 ½ to 3 years)
  - c) Phallic stage (3 to 6 years)
  - d) Latency stage (6 to 12 or puberty)
  
5. What is Dyslexia?
  - a). Failure to develop adequate writing skills
  - b). Failure to develop adequate reading skills
  - c). Failure to develop adequate mathematical skills
  - d). Significant impairment of development in motor coordination

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6. What are Obsessions?

- a). Purposeless repetitive behaviors
- b). Responses to a psychosocial stressor
- c). Severe psychological distresses following a traumatic event
- d). Recurrent, persistent, insistent thoughts, impulses or images

7. What is the main characteristic of Somatoform disorder?

- a). Persistent and significant pattern of conduct in which the basic rights of others are violated or rules of the society are not followed
- b) Pervasive and enduring pattern of negative, hostile and disobedient behavior
- c) Repeated presentation with physical symptoms which cannot be explained medically
- d) Unrealistic worry of being separate from closely attached someone

8. What is the main characteristic of Dissociative fugue?

- a) An inability to recall important personal events related to a stressful event
- b) A sudden transition of one personality to another
- c) A sudden unexpected travel away from home or workplace with the assumption of a new identity
- d) A temporary loss of both sense of personal identity and full awareness of person's surroundings

9. Mental sub normality is a behavioral syndrome. It is classified according to IQ level of affected children. What is the IQ level given for mild mental retardation?

- a) 50 - 70
- b) 35 - 49
- c) 20 - 34
- d) 71 - 80

10. Which of the following should occur during the orientation (introductory) phase of the therapeutic relationship?

- a). Establish reality of separation
- b). Plan first meeting with patient
- c). Promoting insight and perception of reality
- d). Creating an environment for the establishment of trust & rapport

**Part B - 10 Matching Questions (10 marks)**

Match the phrases given on the **left** with most relevant words given on the **right**. Put the letter belongs to the selected word in the brackets given.

Left		Right
1. Consolidation of short term memory in to long term memory	( )	A. Schizophrenia
2. Excessive levels of Dopamine	( )	B. hysteria
3. Decreased norepinephrine levels	( )	C. Repression
4. Attention Deficit Hyperactivity Disorder-ADHD	( )	D. Mammillary bodies and hippocampus
5. Organic pathology is the definite cause for mental disorders	( )	E. Rationalization
6. Unconscious and involuntary forgetting of painful ideas, events and conflicts	( )	F. Cingulate gyrus
7. Making excuses as a defense mechanism	( )	G. Mental Status Examination
8. Making interventions during therapeutic relationship	( )	H. Hyperkinetic disorder
9. Psychiatric emotional assessment	( )	I. Implementation
10. Conversion disorder	( )	J. Depression
		K. Medical model
		L. Planning

**Part C – Short Answer Questions (SAQs) (50 marks)**

Answer within the given space.

**1.) 1.1** Persons with psychiatric illness may lose their insight and may not willing to take treatment. Patients may express their anger or hostility and nurse has to face these psychiatric situations confidently. List **five (05) common psychiatric situations. (05 marks)**

- i .....
- ii .....
- iii .....
- iv .....
- v .....

**1.2.** Name **two (02)** possible reasons for a psychiatric patient’s irrational, uncooperative, delusional and/or assaultive behavior. **(04marks)**

- i .....
- ii .....

**2.)** Name **two (02)** functions of the Reticular Activating System? **(04marks)**

- i .....
- ii .....

**3.)** The neurotransmitter molecules diffuse cross the synaptic gap and combine with the molecules in the cell membrane of the receiving neuron. This action occurs by **two (02)** ways. What are they? **(04marks)**

- i .....
- ii .....

4.) State **three (03)** Anxiety Disorders (03marks)

i .....

ii .....

iii .....

5.) State **two (02)** actual/potential psychiatric nursing problems related to autism. (04marks)

i .....

ii .....

6.) Genetic factors, prenatal factors, perinatal factors, and environmental and socio cultural factors may cause mental retardation. Provide **one (01) example for each** of them.(04marks)

**Genetic factor** - .....

**Prenatal factor** - .....

**Perinatal factors** - .....

**Environmental and socio cultural factors** - .....

7.) List **two (02)** common mental health problems seen among elderly (04marks)

i .....

ii .....

8.) What are the (03) **three** major purposes of classification of mental disorders (06marks)

i .....

ii .....

iii .....

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9.) Puerperal mental disorders are psychiatric disorders associated with child birth. Name

three (03) such disorders. (06marks)

i .....

ii .....

iii .....

10.) Name three (03) common psychiatric nursing problems related to Attention Deficit

Hyperactivity Disorder (ADHD). (06marks)

i .....

ii .....

iii .....

**Part D - Structured Essay Question (30 marks)**

1. 1.1 Schizophrenia is the most common psychiatric disorder in the world. Kurt Schneider introduced the first - rank symptoms of schizophrenia in 1959. When the patient presents with even one of such symptoms, most probably the patient can be diagnosed as schizophrenia. Identify three (03) first rank symptoms of schizophrenia. (06marks)

i .....

ii .....

iii .....

1.2 There are several subtypes of schizophrenia. Identify three (03) of them. (06marks)

i .....

ii .....

iii .....

**1.3** Briefly explain the following signs/symptoms of schizophrenia. **(08marks)**

**Autistic thinking -**

.....  
.....

**Thought blocking -**

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.....

**Neologism –**

.....  
.....

**Poverty of speech –**

.....  
.....

**1.4** Nursing interventions taken in the care for a patient with of schizophrenia are very important in the treatment schedule. **Provide one (01) nursing action** for each of the following nursing intervention. **(10marks)**

**Minimizing delusional behaviour -**

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.....

**Decreasing withdrawn behaviour –**

.....  
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Registration Number:-.....00606

**Preventing self-harm –**

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.....

**Improve self-care –**

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**Increasing verbal communication –**

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