



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

Date: 14. 11. 2018

Time: 01.30p.m – 03.00p.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.

*Good Luck!*

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

1. The personality structures of id, ego, and superego were described by
  - a) Frederick Perls
  - b) Hildegard Peplau
  - c) Sigmund Freud
  - d) Harry Stack Sullivan
  
2. Hildegard Peplau is best known for her writing about,
  - a) Community-based care
  - b) Humane treatment
  - c) Psychopharmacology
  - d) Therapeutic nurse–client relationship
  
3. A client says: “I was so upset about my sister ignoring my pain when I broke my leg.”  
Nurse replied: “When are you going to your next diabetes education program?” This is a non-therapeutic response because the nurse has
  - a) used testing to evaluate the client’s insight
  - b) changed the topic
  - c) exhibited an egocentric focus
  - d) advised the client what to do
  
4. According to cognitive development theory of Jean Piajet, sensory motor stage is,
  - a) birth to 2 years
  - b) 2 to 6 years
  - c) 6 to 12 years
  - d) 12 to 15 years
  
5. According to Indian classification of mental disorders, Schizophrenia belongs to
  - a) neuroses
  - b) affective psychoses
  - c) organic psychoses
  - d) functional psychoses

6. Clients' speech patterns are categorized while assessing,
  - a) history
  - b) general appearance and motor behavior
  - c) sensorium and intellectual processes
  - d) self-concept
  
7. When the nurse is assessing whether the client's ideas are logical and make sense, the nurse is examining which of the following?
  - a). Thought content
  - b) Thought process
  - c) Memory
  - d) Sensorium
  
8. The client believes everyone is coming after him/her. This client is experiencing a,
  - a) delusion
  - b) hallucination
  - c) idea of reference
  - d) loose association
  
9. A teenage son shuts the door very loudly when he was not allowed to go on a trip with friends. This is an example of a defense mechanism. Which of the following defense mechanism has he used?
  - a) Repression
  - b) Reaction formation
  - c) Denial
  - d) Displacement
  
10. Which of the following is most influential in determining health beliefs and practices?
  - a) Cultural factors
  - b) Individual factors
  - c) Interpersonal factors
  - d) Genetic factors

**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 on the left.

Left		Right
1. Social and psychological factors influence development	( )	A. Hippocrates
2. Hierarchy of needs	( )	B. 1926
3. The first person who describes mental illness as hysteria, mania and depression	( )	C. Adaptive coping strategy
4. First school to prepare nurses to care for the mentally ill started in	( )	D. Defense mechanism
5. A basic level function of psychiatric nurse	( )	E. Abraham Maslow
6. Problem solving and emotion reducing	( )	F. 1882
7. Moral development theory	( )	G. Erik Erikson
8. An advanced level function of psychiatric nurse	( )	H. Introvert personality
9. Self - centered	( )	I. Counseling
10. National Institute of Mental Health (NIMH) - Angoda started as an asylum in	( )	J. Aristotle
		K. Lawrence Kohlberg
		L. Psychotherapy

**Part C – Short Answer Questions (SAQs) (30 marks)**

Answer within the given space.

1. One way to think about mental health is by looking at how effectively and successfully a person functions. List **five (05)** indicators that reflect mental health. **(05marks)**

- I. ....
- II. ....
- III. ....
- IV. ....
- V. ....

- 1.2. Individual factors, interpersonal factors, and social factors influence on person's mental health. Provide **one example for each** of these factors. **(03marks)**

**Individual factor:**.....

**Interpersonal factor:**.....

**Social factor:**.....

2. Psychiatric nursing principles are based on two concepts. What are the **two (02)** concepts? **(04marks)**

- I. ....
- II. ....

3. List **two (02)** psychiatric nursing principals. **(04marks)**

- I. ....
- II. ....

4. State **three (03)** methods of handling emotional reactions of patients. (06marks)

- I. ....
- II. ....
- III. ....

5. List **two (02)** qualities of a psychiatric nurse. (04marks)

- I. ....
- II. ....

6. Name **four (04)** steps in termination phase of therapeutic nurse-patient relationship

(04marks)

- I. ....
- II. ....
- III. ....
- IV. ....

7. What is nursing malpractice? Briefly explain. (04marks)

- .....
- .....
- .....
- .....

8. What are the **three (03)** purposes of Mental Status Examination (06marks)

I. ....

II. ....

III. ....

9. Name **four (04)** components of Mental Status Examination (04marks)

I. ....

II. ....

III. ....

IV. ....

10. Name **three (03)** approaches of classifying mental disorders (06marks)

I. ....

II. ....

III. ....

**Part D - Structured Essay Question (30 marks) Q1:**

Stress is a part of everyday life and cannot be eliminated altogether. Each person reacts differently to stress. As health care professionals, nurses need to predict the individual's responses in order to assist for their healthy coping responses and unhealthy unproductive responses. General Adaptation Syndrome (GAS)/ Stress theory describes how an individual manage stress in threatening situations.

1. What are the **three (03)** stages of adaptation according to stress theory? (06marks)

I. ....

II. ....

III. ....

2. What are the clinically identified **four (04)** main sources of stress? **(04marks)**

- I. ....
- II. ....
- III. ....
- IV. ....

3. Symptoms of stress can be classified as physical, psychological and behavioral manifestations. Write **two (2)** examples for **each** symptom. **(12marks)**

**Physical symptoms:-**

- I. ....
- II. ....

**Psychological symptoms:-**

- I. ....
- II. ....

**Behavioral symptoms:-**

- I. ....
- II. ....

4. Briefly explain the **two (2)** stress coping strategies with examples. **(08marks)**

- I. ....  
.....  
.....
- II. ....  
.....  
.....