



# MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF AGRICULTURE, ENVIRONMENT AND HEALTH SCIENCES

DEPARTMENT OF HEALTH SCIENCES

THIRD/FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (PUBLIC HEALTH)

HPH 304/HPH-402: MENTAL HEALTH

**DATE:** 22/8/2022

**TIME:** 2.00-4.00 PM

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## INSTRUCTIONS:

This paper consists of two sections A and B

Section A is compulsory

Section B choose any two (2) questions

### SECTION A

#### Specific Instructions

- Answer all questions in this section
- The question is 30 marks

### QUESTION ONE (30 MARKS)

#### MULTIPLE CHOICE QUESTIONS (1 mark each)

Choose the most appropriate answer for the following questions

- a) An anxiety disorder is
- An emotional state identified by panic attacks
  - An emotional condition classified by excessive checking
  - Disordered thinking
  - An excessive or aroused state characterized by feelings of apprehension, uncertainty and fear

- b) Specific phobias are defined as;
- i. Excessive worry bouts triggered by specific object or situation
  - ii. An abnormal sensitivity to light
  - iii. An excessive, unreasonable, persistent fear triggered by a specific object or situation
  - iv. A persistent fear of social situations
- c) Medically speaking, mania is defined as
- i. Low, deflated moods
  - ii. Anger followed by sleepiness
  - iii. Alternating high and low moods
  - iv. Abnormally elevated moods
- d) Anne a 27 years old thinks her nose is ugly, her idea is fixed and not shared by anyone else. Whenever she goes out of home, she hides her face with a cloth. She visits a surgeon. Next step would be
- i. Investigate and operate
  - ii. Refer to a psychiatrist
  - iii. Reassure the patient
  - iv. Immediate operation
- e) In Schizophrenia psychotic symptoms such as hallucinations delusions, disorganized speech and grossly disorganized or catatonic behaviors are known as
- i. Negative symptoms
  - ii. Positive symptoms
  - iii. Mediating symptoms
  - iv. Catastrophic symptoms
- f) A person quarrels and hits their neighbor. The next day the person starts feeling that he is being followed by the police and that they may arrest him. He also feels that the neighbors are controlling him by radio waves. The likely diagnosis for this would be:
- i. Delusion of persecution
  - ii. Schizophrenia
  - iii. Passivity
  - iv. Thought insertion

## SHORT ANSWER QUESTIONS

- g) Highlight why eating disorders (EDs) are classified as mental health illnesses and give two (2) examples of Eds. (3 marks)
- h) Differentiate between suicidal intent and suicidal attempt. (3 marks)
- i) Identify six (6) types of drugs that cause substance induced psychosis. (3 marks)
- j) State three (3) symptoms of social anxiety disorder. (3 marks)
- k) Explain the concept of trephination in the development of mental health treatments (3 marks)
- l) Differentiate between the supernatural, somatogenic and psychogenic theories of mental health. (3 marks)
- m) Define Mental Health as per the World Health Organization definition. (1 mark)
- n) State four (4) types of developmental mental disorders. (2 marks)
- o) Highlight six (6) symptoms of PTSD. (3 marks)

## SECTION B

### Specific Instructions

- This Section has four (4) questions
- Answer any two (2) questions
- Each question is 20 marks

### QUESTION TWO (20 MARKS)

- a) You have been invited by the counselling department to give a talk to the students on mental health. The students indicate that they are not able to tell when developing mental health issues. Discuss ten (10) symptoms that you would include in your response. (10 marks)
- b) Psychotherapy can be helpful in treatment of most mental health problems. Discuss the types of psychotherapy available. (10 marks)

### **QUESTION THREE (20 MARKS)**

- a) Mental wellbeing is dynamic. Discuss this in the context of the mental health continuum. (10 marks)
- b) Studies indicate an increase of drug and substance use in Machakos University. You are approached as a Public Health Officer (PHO) to help the Machakos University community understand the link between substance use and psychosis. Make notes on the following as guideline to your talk
- i. Definition of stimulant psychosis and its characteristics (3 marks)
  - ii. Symptoms of stimulant psychosis (3 marks)
  - iii. Drug induced psychosis treatment (4 marks)

### **QUESTION FOUR (20 MARKS)**

- a) Describe the biopsychosocial model in the development of mental health illnesses. (10 marks)
- b) Describe the barriers to Mental Health Care in Kenya (10 marks)

### **QUESTION FIVE (20 MARKS)**

- a) Describe the myths associated with mental health illnesses in your community. (10 marks)
- b) Louise comes from a family with a history of schizophrenia, as both her grandfather and an aunt have been diagnosed with the disorder. Louise's father has recently died from cancer and she has just moved out of the family home to start a university course. Although she has always been healthy in the past, she has just begun to experience symptoms of schizophrenia, such as delusions and hallucinations.
- i. Explain why Louise is now showing symptoms of schizophrenia (5 marks)
  - ii. Recommend a treatment regime for Louise (5 marks)