



Second Semester Exam 2020/2021	Fourth year (Nur 404)
Day: Wednesday	Date: 16/6/2021
Time Allowed: 3Hour	Total Grades: 100

Final Written Psychiatric Nursing and Mental Health Theoretical Exam

Please answer all of the following:

Part I: Situation (10 marks)

Read the following situation and answer its related questions:

Mr. Ali aged 35 years, had been admitted to psychiatric hospital over the past months he had difficulty in sleep and had lost his appetite. Although he was very anxious and tense he appeared sad and had lost his initiation, he had difficulty in concentration and most of his thoughts centered on his unworthiness and failure.

Based on your assessment of Mr. Ali condition, mention one nursing diagnosis, goal and appropriate nursing interventions?

1.

Part II: Fill in the blanks (67 mark)

1. Freud’s psychosexual stages of human growth and development are:

a.....b.....c.....d.....

2. Types of hallucinations are:

a.....b.....c.....d.....

3. Types of schizophrenia are:

a.....b.....c.....d.....

4. Show interest in the patient as a person by:

a.....b.....c.....d.....



5. General criteria for mental disorders are:

a.....b.....c.....d.....

6.Reassurance given to psychiatric patient through:

a.....b.....c.....d.....

7. levels of anxiety are:

a.....b.....c.....d.....

8. The most common anxiety provoking situations include:

a.....b.....c.....d.....

9. Classification of depressive disorders are:

a.....b.....c.....d.....

10. Assessment of thought process for manic patient includes:

a.....b.....c.....d.....

11. Physical sign and symptoms of anxiety disorder are:

a.....b.....c.....d.....

Muscle tension-Diarrhea- Sweating
Tachycardia- Dry mouth- Cold hands- Fatigability

12. Negative symptoms among schizophrenic patients interferes with the person's ability to:

a.....b.....c.....d.....

13. Most common nursing diagnosis for anxiety disorders are:



a.....b.....c.....d.....

14. Beck believes three automatic negative thoughts are responsible for people's becoming depressed "Beck's cognitive triad.

a.....b.....c.....

15. Types of Panic Attacks in anxiety disorders are:

a.....b.....c.....

16. The key symptoms in depression are:

a.....b.....c.....

17. Components of personality structure are:

a.....b.....c.....

18. Areas where consistency must operate:

a.....b.....c.....

Part III: Multiple-Choice Question (13 marks)

For each of the following multiple-choice questions select the One most appropriate answer:

1. The oral stage of development is characterized by

- a. Penis envy
- b. Super- ego development
- c. Complete dependence
- d. Ego development



2. Extreme mood swings ranging from deep depression to elation and high activity level is most often seen in?

- a. Paranoid disorders
- b. Bipolar disorders
- c. Schizophrenia
- d. Anxiety disorders

3. A patient suddenly become aggressive and violent on the unit, which of the following approaches is best for the nurse to use first?

- a. Provide large motor activities to relieve his tension.
- b. Call for sufficient help to control the situation.
- c. Tell the patient that his behavior is unacceptable.
- d. Administer a large dose of sedative to keep him calm.

4. One day during his lunch hour, Ali suddenly could not breathe. He felt his heart racing, he began to hyperventilate, and he became worried that he was dying. If these episodes continue, then Ali might be diagnosed with

- a. Bipolar disorder
- b. Panic disorder
- c. Agoraphobia
- d. Simple phobia

5. Selective mutism usually co-exists with:

- a. Bipolar disorder
- b. Panic disorder
- c. Social anxiety disorder.
- d. Generalized Anxiety Disorder

6. One morning, nurse Halla finds a disturbed client sleep in the fetal position in the corner of the dayroom. The most accurate initial evaluation of the behavior would be that the client is

- a. Physically ill and experiencing abdominal discomfort.
- b. Tired and probably did not sleep well last night.



- c. Attempting to hide from the nurse.
- d. Feeling more anxious today.

7. The most important thing for the nurse to remember in caring for a patient who is hallucinating is

- a. Ignoring the patient hallucination
- b. Keeping the patient in touch with reality
- c. Talking with the patient as part of his fantasy
- d. Have the patient give a detailed description of hallucination

8. Which of the following is out of place here?

- a. Phobic disorder
- b. Panic disorder
- c. Depressive disorder
- d. Selective mutism disorder

9. Specific phobias are defined as

- a. Excessive worry bouts triggered by a specific object or situation.
- b. An abnormal sensitivity to light.
- c. An excessive, unreasonable, persistent fear triggered by a specific object or situation.
- d. A persistent fear of social situations

10. All of the following defining features of Social Anxiety Disorder EXCEPT:

- a. Individuals experience concerns about embarrassment and are afraid that others will judge them to be anxious, weak, “crazy”, or stupid.
- b. They may fear public speaking because of concern that others will notice their trembling hands or voice.
- c. They may experience extreme anxiety when conversing with others because of fear they will appear inarticulate.
- d. Is a group of psychotic disorders characterized by disturbances in perception, behavior, and communication



11. Generalized Anxiety Disorder is a persistent condition in which the victim experiences:

- a. Fear of failure in exam.
- b. Continual worry about every day events.
- c. Continual flashbacks to past events.
- d. A desire to check that the environment is safe.

12-Ali is admitted to a mental institution because he hears voices talking to him. Ali's symptoms are known as

- a. Delusions
- b. Hallucinations
- c. Obsessions
- d. Compulsions

13. The process and content are out of direct reach of the conscious mind is called

- a. Unconscious
- b. Preconscious
- c. Conscious
- d. Personality

14. includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

- a. Personality structure
- b. Mild anxiety
- c. Topographical model
- d. Mental health

15. Storehouse for urges, feelings and ideas and have large influence on our actions and our conscious awareness

- a. Preconscious



-
- b. Conscious
c. Unconscious
d. Superego
- 16. It is the developed part of the personality which is shaped by the interaction of the child with the outside world.**
- a. id
b. Ego
c. Preconscious
d. Superego
- 17. According to Eriksson's eight stages of psychosocial development, during which age does the psychological stage of trust vs. mistrust develop?**
- a. Early childhood
b. Infancy
c. Adolescence
d. Adulthood
- 18. Which of the following is not a symptom of schizophrenia?**
- a. Delusions of grandeur
b. Flat emotions
c. Inappropriate affect
e. Dramatic loss of weight
- 19. When assessing positive symptoms of schizophrenia observe all of the following EXCEPT:**
- a. Alteration in thinking.
b. Alteration in perceiving
c. Alteration in behaviors
d. Alteration in affect.
- 20. Suicide is most common among patient with**
- a. Mania.



- e. Depression.
- b. Schizophrenia.
- c. Anxiety

21. Which of the following is not characteristic of a mentally health person?

- a. Acceptance of self and others
- b. Cheerful thinking
- c. Inability to establish a meaningful relationship
- d. Ability to delay immediate gratifications.

22. Most Common Delusional Thinking in of schizophrenic patient Includes:

- a. Paranoid delusion
- b. Depressive delusion
- c. Hypochondriac delusion
- d. Somatic delusion

23. All of the following are a true picture of depression EXCEPT

- a. Anxiety
- b. Neglect of personal hygiene
- c. Psychomotor retardation or agitation
- d. Elated mood.

24. Hani has an intense fear of flying insects that he hardly ever goes outside his house during the summer months. He is probably suffering from

a.....

- a. Depressive disorder
- b. Manic disorder
- c. Personality disorder
- d. Phobic disorder

25. A patient is diagnosed with schizophrenia, may hearing voices demanding him to take action, often to harm self or others, and are considered dangerous.



- a. Command hallucinations
- b. Depersonalization
- c. Waxy Flexibility
- d. Negativism

26. Nurse Fatma is assigned to care for a client diagnosed with Catatonic Stupor. When Nurse Fatma enters the client's room, the client is found lying on the bed with a body pulled into a fetal position. Nurse Fatma should...

- a. Ask the client direct questions to encourage talking
- b. Take the client into the dayroom to be with other clients
- c. Sit beside the client in silence and occasionally ask open-ended question
- d. Leave the client alone and continue with providing care to the other clients

Part V: True or False (10 marks)

Read the following statements carefully. If it is true circle (T) and if is False circle (F) on the line



1	Bipolar II disorder is characterized by having one or more manic episodes, usually alternating with major depressive episode.	T. F
2	Clients with Schizophrenia often dress bizarre, colourful & inappropriate clothes, jewellery, or makeup	T. F
3	Nor epinephrine may be insufficient in clients with schizophrenia	T. F
4	There is no definite line between mental health and mental illness.	T. F
5	Miss Fatma mentions "the food on my plate is poisoned, take it away immediately" this example for auditory hallucinations.	T. F
6	Dysthymia also known as "winter depression	T. F
7	Scapegoating comes in when the child is the focus of the pain and anxiety within the family.	T. F
8	Feeling that personal space is invaded makes client feels anxious.	T. F
9	Women have a greater risk of developing depression than men	T. F
10	Inactivity is possible in manic patient during acute phase	T. F

Good Luck

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