



First Semester 2021/2022	Fourth Year	(Credit Hours)
Day: Sunday Date: 10/1/2022	Psychiatric Nursing and Mental Health (Theory) Nur404	
Time Allowed: 3 hours	Total Grades: 100	

Final Written Psychiatric Nursing and Mental Health Theoretical Exam

Please answer all of the following:

Part I: Situation (10 marks)

A 35-year-old woman is brought to your clinic by her family. Her history at admission shows irritability, restlessness, delusions that tend to be persecutory or grandiose. Also generate anxiety, suspiciousness, anger, hostility, and violent behavior. In addition to auditory hallucinations.

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

Part II: Essay Questions (6 marks)

Explain the etiological factor to patients with schizophrenic disorder.

Part III: Fill in the blanks (66 marks)

1. Freud’s psychosexual stages of human growth and development are:
a.....b.....c.....d.....
2. Types of a somatic symptom disorders are:
a.....b.....c.....d.....
3. Types of schizophrenia are:
a.....b.....c.....d.....
4. Show acceptance to the patient through:
a.....b.....c.....d.....
5. General characteristics for a somatic symptom disorders are:
a.....b.....c.....d.....
6. Reassurance given to psychiatric patient through:
a.....b.....c.....



d.....e.....f.....

7. Levels of anxiety are:

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

8. The most common anxiety provoking situations include:

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

9. The most common nursing diagnosis in schizophrenia include:

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

10. Physical sign and symptoms of anxiety disorder are:

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

11. Negative symptoms among schizophrenic patients interfere with the person's ability to:

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

12. Assessment client with a somatic symptom disorder is a complex process that requires careful & complete documentation as:

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

13. Types of panic attacks in anxiety disorders are:

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

14. Components of personality structure are:

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

15. Areas where consistency must operates:

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

16. Identify the nursing priorities in dealing with persons with OCD:

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



17. Nursing interventions for a manic client who has “Impaired social interaction” may include:

- a..... b..... c.....
 d..... e..... f.....
 g..... h..... i.....

18. What are the differences between mania and hypomania?

Mania	Hypomania

Part IV: Multiple-choice question (13 marks)

For each of the following multiple-choice question select the one most appropriate answer:

- 1. The phallic 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. Selective mutism usually co-exists with:**
 - a. Bipolar disorder
 - b. Panic disorder
 - c. Social anxiety disorder.
 - d. Generalized anxiety disorder



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- 4. Which of the following is out of place here?**
- Phobic disorder
 - Panic disorder
 - Depressive disorder
 - Selective mutism disorder
- 5. Ali is admitted to a mental institution because he hears voices talking to him. Ali's symptoms are known as**
- Delusions
 - Hallucinations
 - Obsessions
 - Compulsions
- 6. The process and content are out of direct reach of the conscious mind & need some effort to recall is called**
- Unconscious
 - Preconscious
 - Conscious
 - Personality
- 7. Storehouse for urges, feelings and ideas and have large influence on our actions and our conscious awareness**
- Preconscious
 - Conscious
 - Unconscious
 - Superego
- 8. It is the developed part of the personality which is shaped by the interaction of the child with the outside world.**
- Id
 - Ego
 - Preconscious
 - Superego
- 9. According to Eriksson's eight stages of psychosocial development, during which age does the psychological stage of trust vs. mistrust develop?**
- Early childhood



- b. Infancy
 - c. Adolescence
 - d. Adulthood
- 10. Which of the following is a symptom of somatic symptom disorder?**
- a. Delusions of grandeur
 - b. Flat emotions
 - c. Inappropriate affect
 - d. Multiple physical symptoms
- 11. 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
- 12. Which of the following is not characteristic of a mentally health person?**
- a. Acceptance of self and others
 - b. Ability to delay immediate gratifications
 - c. Inability to establish a meaningful relationship
 - d. Cheerful thinking
- 13. Most common delusional thinking in of schizophrenic patient Includes:**
- a. Paranoid delusion
 - b. Depressive delusion
 - c. Hypochondriac delusion
 - d. Somatic delusion
- 14. Ali has an intense fear of flying insects that he hardly ever goes outside his house. He is probably suffering from a.....**
- a. Depressive disorder
 - b. Manic disorder
 - c. Personality disorder
 - d. Phobic disorder



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

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

16. Which of the following is not a common symptom of obsessive-compulsive disorder (OCD)?

- a. Anxiety stemming from a traumatic injury
- b. Compulsions to reduce anxiety
- c. Avoidance of situations that may trigger obsessions
- d. A fear of contamination

17. Joanna feels that she needs to run up and down the stairs exactly 12 times before she leaves for school or else someone she loves will get hurt. What is the name for this type of intrusive, irrational thought?

- a. A heritability
- b. A compulsion
- c. A fear
- d. An obsession

18. Primary disturbance in depression is

- a. Cognitive.
- b. Behavioral.
- c. Affective.
- d. Thinking.

19. The average age of client experiencing their first manic episode is

- a. Usually 18-20 years.
- b. Usually early - mid 30's.
- c. Usually late 30's.
- d. Usually late 20's

20. A client with bipolar disorder, manic type, exhibits mumbling to self, talking or laughing to self, and hallucinations. Which of the following is the priority nursing diagnosis?



- a. Anxiety.
- b. Impaired social interaction.
- c. Risk for other-directed violence.
- d. Disturbed sensory-perceptual alteration (auditory).

21. Which of the following is a key symptom of mania?

- a. Elated mood
- b. Anergia.
- c. Hopelessness.
- d. Delusion.

22. A client with depressive disorder, exhibits express discomfort in social interactions, remains in room most of the day and evening. Which of the following is the priority nursing diagnosis?

- a. Anxiety.
- b. Impaired social interaction.
- c. Self-esteem disturbance.
- d. Risk for other-directed violence.

23. A manic patient could be helped to eat during periods of over activity by:

- a. Ordering him to eat.
- b. Serving food which can be carried in his hand.
- c. Spoon feed him.
- d. Stop meals until she quiets down.

24. A client tells a nurse. "Everyone would be better off if I wasn't alive." Which nursing diagnosis would be made based on this statement?

- a. Disturbed thought processes
- b. Ineffective coping
- c. Risk for self-directed violence
- d. Impaired social interaction

25. All of the following is a true picture of depression EXCEPT

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



26. 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

Part V: True or False (5 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, colorful and 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 Heba mentions "the food on my plate is poisoned, take it away immediately" this example for auditory hallucinations.	T. F
6	Scapegoating comes in when the child is the focus of the pain and anxiety within the family.	T. F
7	Feeling that personal space is invaded makes client feels anxious.	T. F
8	Women have a greater risk of developing depression than men	T. F
9	Inactivity is possible in manic patient during acute phase	T. F
10	In a somatic symptoms disorder the secondary gain is relieve anxiety	T. F

Good Luck

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