



Psychiatric Nursing and Mental Health (Theory)	Fourth year/ Second term 2019/2020
Credit Hours	Code No:Nur404
Day: Sunday	Date: 5/ 7 /2020
Time Allowed: 3 hours	Total Grade: 80

Psychiatric Nursing and Mental Health (Theory) Final Written Exam

Please answer all of the following:

Part I: Situation (15 marks)

A 16-year-old student is brought to the emergency department by her parents. She says that for the past 6 weeks, she feels as if she “just can’t cope with all the pressure at school.” She broke up with her boyfriend 6 weeks ago. Since that time, she cannot sleep more than 3 or 4 hours a night. She lost 15 kgs without trying to, and her appetite decreased. She says that nothing interests her and that she cannot even concentrate long enough to read a magazine, much less her textbooks. Her energy level is very low. She is not doing things with her friends like she was in the past and says that when she is with them “things just aren’t fun like they used to be.” She tends to be irritable and gets angry with slight provocations.

On a mental status examination, she is observed to be a well-dressed teenager with good hygiene. She notes that her mood is very depressed; her affect is dysphoric and constricted. She admits to hearing a voice telling her that she is “no good.” She has heard this voice at least daily for the past week. She admits to having had thoughts of suicide frequently over the past several days but denies that she would act on these thoughts because it would be a “sin.” She does not have a suicide plan. No delusions are present, and she is alert and oriented to person, place, and time.



Looking at the previously mentioned situation:

- a. Assess this condition. (6 marks)
- b. Enumerate possible nursing diagnoses for this case according to priority. (4 marks)
- c. Discuss nursing intervention for one of your possible nursing diagnoses. (5 marks)

Part II: Fill in the blanks (28 marks)

1- Modes of suicide include:

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

2- Subtypes of schizophrenia are:

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

3- Characteristics of mentally healthy individual include:

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

4- Self-understanding should be used as a therapeutic tool, a nurse can understand herself better through:

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

5- Means of showing acceptance:

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

6- Mental health concepts are:

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

7- Characteristics of somatoform disorders are the following:

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



Part III: Multiple-choice question (22 marks)

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

1. All the following consider main characteristics of the genital stage **Except**:
 - a. Person satisfy love and work.
 - b. Genital awareness is increased.
 - c. Sexual energy is repressed.
 - d. Increasing sexual tension.

2. The physician tells the nurse "Mrs. Mona's appearance is that of a typical manic client." The nurse can expect Mrs. Mona to be in clothing that is:
 - a. dark colored and modest.
 - b. colorful and outlandish.
 - c. compulsively neat and clean.
 - d. ill-fitted and ragged

3. Clients diagnosed with obsessive-compulsive disorder commonly used which defense mechanism?
 - a. Suppression.
 - b. Repression.
 - c. Undoing.
 - d. Denial.

4. A child identifies with the parent of the same sex and starts to take on the values and standards of his or her parents during the:
 - a. Oral stage
 - b. Anal stage
 - c. Phallic stage
 - d. Genital stage

5. Nurse Fatma is caring for a schizophrenic patient who experiences false sensory perceptions with no basis in reality. These perceptions are known as:



- a. Delusions
 - b. Hallucinations
 - c. Loose associations
 - d. Neologisms
6. **Noura says, “Give me 10 minutes to recall the name of our college professor who failed many students in our anatomy class.” She is operating on her:**
- a. Subconscious
 - b. Unconscious
 - c. super ego
 - d. Conscious
7. **The characteristic task of preschool child according to Erickson's stage is:**
- a. Identity versus role confusion
 - b. Ego integrity versus despair
 - c. Initiative versus guilt
 - d. Intimacy versus isolation
8. **A suicidal patient reports a sudden change in mood, the nurse knows that:**
- a. This is a high risk sign.
 - b. The crisis has probably passed.
 - c. The patient is responding effectively to treatment.
 - d. It is a response to an effective nurse- patient relationship.
9. **The rational component of the mind is:**
- a. Superego.
 - b. Ego.
 - c. Preconscious.
 - d. Id
10. **Negative symptoms of schizophrenia include the following:**
- a. Hallucinations, delusions, and disorganized thinking.
 - b. Somatic delusions, echolalia, and a flat affect.
 - c. Waxy flexibility, alogia, and apathy.
 - d. Flat affect, avolition, and anhedonia



11. A bipolar client tells the nurse "I have the finest tenor voice in the world. The three tenors who do all those TV concerts are going to retire because they can't compete with me." The nurse would make the assessment that the client is displaying:

- a. Flight of ideas.
- b. Distractibility.
- c. Limit testing.
- d. Grandiosity.

12. Anxiety disorders is:

- a. An emotional state identified by panic attacks.
- b. An emotional condition classified by excessive checking.
- c. Disordered thinking.
- d. An excessive or aroused state characterized by feelings of apprehension, uncertainty and fear.

13. Which behavior would be most characteristic of a client during a manic episode?

- a. Going rapidly from one activity to another.
- b. Taking frequent rest periods and naps during the day.
- c. Being unwilling to leave home to see other people.
- d. Watching others intently and talking little.

14. When assessing secondary gains that obtain through somatoform disorders include all the following Except:

- a. Getting out usual responsibilities.
- b. Reduce anxiety with physical symptoms.
- c. Getting extra attention.
- d. Fulfillment of dependency needs.

15. Reham complains that she checks the door lock repeatedly. This is called:

- a. Obsession
- b. Impulsivity
- c. Compulsion
- d. Psychosis



16. 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. Eating disorders

17. Which of the following is one of key symptoms of depression?

- a. Anergia.
- b. Delusion
- c. Euphoria
- d. Hallucination

18. Hani has such 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. Somatoform disorder
- b. Conversion reaction
- c. Personality disorder
- d. Phobic disorder

19. The oral stage of development is characterized by:

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

20. In managing interpersonal relationships of the schizophrenic patient, the nurse should first:

- a. Establish a one to one relationship and not push the patient into group activities.
- b. Insist that the patient join group activities and functions with other patients.
- c. Allow the patient to be alone most of the time and not attempt to draw her into activities.
- d. Allow the patient to become dependent and set limits on his behavior



21. Anus is the erogenous zone of:

- a. Pupperty and adolescence stage.
- b. Latency stage.
- c. Later child hood stage.
- d. Early child hood stage.

22. An individual with depression has a deficiency in which neurotransmitters, based on the biogenic amine theory:

- a. Dopamine and thyroxin
- b. GABA and acetylcholine
- c. Cortisone and epinephrine
- d. Serotonin and norepinephrine

Part V: True or False (15 marks)

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

1	To help the patient with delusions, the nurse should not argue with him to decrease his anxiety.	T	F
2	Elated mood, increased activity, and reduced sleep are most common symptoms in onset of schizophrenia.	T	F
3	Fatma mentions " the food on my plate is poisoned, take it away immediately " this is an example of auditory hallucinations.	T	F
4	Social anxiety disorder is a fear triggered by being alone in open places.	T	F
5	Mental health means absence of mental illness.	T	F
6	The developmental task of integrity versus despair occurs during the adolescent period.	T	F
7	The person with hypochondriasis disorder often expresses a relative lack of concern for his impairment.	T	F
8	Patient's behavior is changed through emotional experience and not by the use of reason.	T	F
9	The oedipus complex is resolved at the beginning of the genital stage	T	F



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10	Conscious is the largest part of the mind.	T	F
11	Body dysmorphic disorder is characterized by persistent preoccupation with the fear of having a serious disease.	T	F
12	Undoing is a defense mechanism used in phobias.	T	F
13	Mental illness can affect anyone regardless of intelligence, social class or income level.	T	F
14	Insight is commonly present in psychotic disorders and never present in neurotic disorders.	T	F
15	Anhedonia is one of Bleuler's fundamental signs of schizophrenia.	T	F

Good luck

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