

SNE 114 [Dec. 2025]

SECTION A: Objective Questions

Circle the correct answer (30 marks)

1. Aims of occupational therapy in acute mental illness include
 - (a) alleviating anxiety.
 - (b) diversion of the mind.
 - (c) increasing concentration.
 - (d) training for employment.
2. The nurse checks the circulatory function for the mentally ill patient who is restrained every hour(s).
 - (a) half.
 - (b) one.
 - (c) two.
 - (d) six.
3. The urgency order for admitting a patient to a mental hospital is signed by the
 - (a) qualified mental health worker.
 - (b) experienced mental health worker.
 - (c) qualified medical officer.
 - (d) inspector general of police.
4. The onset of catatonic stupor is
 - (a) acute.
 - (b) chronic.
 - (c) gradual.
 - (d) insidious.
5. A form of psychotherapy based on theories of operant conditioning is
 - (a) psychoanalysis.
 - (b) relaxation.
 - (c) cognitive.
 - (d) behavioural.
6. The major causes of panic anxiety disorders are
 - (a) intrinsic.
 - (b) environmental.
 - (c) unknown.
 - (d) uncertain.

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7. Which of the following disorders is characterised by change in intellectual functioning?
 - (a) Childhood schizophrenia.
 - (b) Hyperactivity disorder.
 - (c) Opposition defiant.
 - (d) Mental retardation.
8. The illness which tends to coexist with attention deficit hyperactivity disorder is
 - (a) conduct disorder.
 - (b) Asperger's autism.
 - (c) Tourette syndrome.
 - (d) personality disorder.
9. Which of the following is **NOT** a psychogenic factor related to suicide?
 - (a) Unsolved personal conflict.
 - (b) Negative thinking patterns.
 - (c) Reduction in positive reinforcement.
 - (d) Imbalances in serotonin levels.
10. The total maximum number of ECT shocks given at a single course of treatment is:
 - (a) 3.
 - (b) 6.
 - (c) 9.
 - (d) 12.
11. Which of the following is **NOT** the most appropriate measure of managing a violent patient?
 - (a) Use a scary and angry tone.
 - (b) Provide calm and reassuring environment.
 - (c) Provide a sympathetic reproach.
 - (d) Make and maintain eye contact.
12. Which of the following is the most appropriate maintenance goal set at hospital discharge of a patient suffering from chronic anxiety?
 - (a) Eliminating all anxiety from daily situations.
 - (b) Continuing contact with a crisis counsellor.
 - (c) Identifying anxiety-producing situations.
 - (d) Suppressing feelings of anxiety.

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13. Which of the following is **NOT** a correct approach to managing psychiatric emergencies?
- Assess the possibility of any probable precipitating factors.
 - Assess for distress and extreme behavioural pattern.
 - Determine the degree of seriousness.
 - Obtain a detailed history of the illness.
14. Which of the following are warning signs of post-ictal confusion state?
- Excitement, violence and self harm.
 - Confusion, drowsiness and familiarity.
 - Sleepiness, unfamiliarity and violence.
 - Self harm, sleepiness and confusion.
15. Which of the following chromosomal abnormalities causes mental retardation?
- Down's syndrome.
 - Klinefelter's syndrome.
 - Teratogenicity.
 - Toxaemia.
16. Which section in the mental treatment act deals with a hospital staff who aids patients to escape?
- 28.
 - 30.
 - 31.
 - 38.
17. Which of the following is **NOT** an antidepressant?
- Fluoxetine.
 - Imipramine.
 - Clomipramine.
 - Amitriptyline.
18. Which of the following anxiolytic drugs is also administered in the treatment of convulsions in children?
- Lorazepam.
 - Chlordiazepam.
 - Diazepam.
 - Medazolam.

19. Which of the following interventions is key in the management of epileptic fits?
- Administer antibiotics to treat the cause.
 - Put the patient in recovery position.
 - Encourage the patient to sit near a fire place.
 - Give plenty of oral drinks.
20. Which of the following drugs is used to boost fertility?
- Bromocriptine.
 - Amitriptyline.
 - Amoxicillin.
 - Metronidazole.
21. Side effects of methotrexate **exclude**:
- Nausea and vomiting.
 - Diarrhoea.
 - Loss of appetite.
 - Alopecia.
22. Which of the following is a mechanism of action for hypnotic drugs?
- Causing aggression.
 - Hyper pyramidal effect.
 - Inducing sleep.
 - Reducing libido.
23. Which of the following is an example of serotonin reuptake inhibitors?
- Sodium valproate.
 - Fluoxetine.
 - Chlorpromazine.
 - Diazepam.
24. Which of the following is an antidote for antipsychotic drugs?
- Artane.
 - Chlorpromazine.
 - Naloxone.
 - Sodium valproate.
25. In which of the following psychotic disorders does the nurse **NOT** administer Olanzapine?
- Bipolar disorder.
 - Acute manic episode.
 - Schizophrenia.
 - Delirium tremens.

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26. Which of the following is a contra indication to gabapentin?

- (a) Partial seizures.
- (b) Neuropathic pain.
- (c) Trigeminal neuralgia.
- (d) Hypersensitivity to gabapentin.

27. Which of the following drugs is commonly used in auto-immune skin disorders?

- (a) Methotrexate.
- (b) Promethazine.
- (c) Hydroxyurea.
- (d) Cetirizine.

28. Patients taking carbamazepine are at a risk of

- (a) Thrombocytopenia.
- (b) Agranulocytosis.
- (c) Neutropenia.
- (d) Anaemia.

29. Drugs that induce sleep by depressing the central nervous system are

- (a) anxiolytics.
- (b) analgesics.
- (c) barbiturates.
- (d) hypnotics.

30. The commonest side effect of sildenafil is

- (a) Insomnia.
- (b) Nausea.
- (c) Flushing.
- (d) Blurred vision.

Answer Sections B and C in the answer booklets provided

SECTION B: Short Essay Questions (10 Marks)

31. State **five (5)** contraindications to clofarabine use. (5 marks)

32. Outline **five (5)** effects of having a mentally retarded child on the family. (5 marks)

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SECTION B: Long Essay Questions (60 Marks)

- 33 (a) Describe **five (5)** spheres the nurse focuses on during mental state examination of a client suspected of panic disorder. (10 marks)
- (b) Outline **ten (10)** predisposing factors to panic disorders. (10 marks)
- 34 (a) Explain **five (5)** ethical principles nurses put in consideration while conducting group counselling. (10 marks)
- (b) Outline **ten (10)** interventions nurses implement for successful group therapy. (10 marks)
35. (a) Explain **six (6)** mechanisms of action of combined oral contraceptives. (12 marks)
- (b) Outline **eight (8)** measures of improving user-compliance to combined oral contraceptives. (8 marks)

END

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SECTION A: OBJECTIVE QUESTIONS

Circle the correct answer (20 Marks)

1. Major mental illnesses in which the thoughts, perception and judgment are impaired are termed as;
a) Psychosis
b) Delusions
c) Hallucinations
d) Neuroses
2. An internal emotional structure of an individual is called
a) Personality
b) Mood
c) Affect
d) Temperament
3. A persistent irrational fear of an object or situation leading to avoiding it is termed as
a) Delusions
b) Hallucinations
c) Phobia
d) Anxiety
4. A newly coined word or used in special way as seen in schizophrenic patients is called;
a) Narcissism
b) Neologism
c) Negativism
d) Nihilisticism
5. Repetitive senseless thoughts recognized by a patient as being irrational that cannot be resisted is termed as;
a) Obsessions
b) Oedipus
c) Neologism
d) Nihilistic
6. A perceptual disturbance of without real existing external stimulus is termed as ;
a) Hallucination
b) Illusion
c) Delusion
d) Phobia

7. is the awareness of one's health status
- a) realisation
 - b) insight
 - c) normality
 - d) mental health
8. The following are mood disorders in children except;
- a) dysthymia
 - b) bipolar affective disorder
 - c) schizophrenia
 - d) major depressive disorder
9. The warning phase that occurs before the occurrence of a grandma fit is;
- a) Tonic phase
 - b) Aura phase
 - c) Clonic phase
 - d) Pre ictal phase

10. Repetition of the very words being said by the interviewer by a psychiatric patient is termed;
- a) Neologism
 - b) Echolalia
 - c) Incoherence
 - d) Word salad
11. A perception disturbance where the patient misinterprets a real sensory stimulus is referred to as;
- a) Hallucination
 - b) Delusion
 - c) Illusion
 - d) Paranoia
12. A mother of a 4 year old, complains that the child constantly drops cups and plates unknowingly and says he is always unaware of what happens to him before, what would be the possible diagnosis?
- a) laziness
 - b) Attention Deficit Hyperactive Disorder
 - c) temporal lobe epilepsy
 - d) petitmal epilepsy
13. Which of the following is an androgen?
- a) Gastrinone
 - b) Letrozole
 - c) Bromocriptine
 - d) Oxandrolone
14.inhibits GnRH and ganadotrophin release Gastrinone
- a) danazole
 - b) Bromocriptine
 - c) Oxandrolone
 - d) Letrozole
15. All the following increase sildenafil plasma concentration EXCEPT,
- a) Cimetidine
 - b) Erythromycin
 - c) Methyldopa
 - d) Ketoconazole

16. Phenytoin is an anti convulsant that works by inhibiting

- a) Ca channels
- b) K channels
- c) Mg channels
- d) Na channels

17. The following are selective serotonin reuptake inhibitors **EXCEPT**,

- a) Imipramine
- b) Fluoxetine
- c) Fluvoxamine
- d) Paroxetine

18. Anti-cholinergic effects are intensified with the use of.....

- a) Diazepam
- b) Chlorpromazine
- c) Haloperidol
- d) Risperidone

19. Which of the following is a combined oral contraceptive?

- a) Norgestrel
- b) Medroxy progesterone
- c) Levonorgestrel
- d) Microgynon

20. Which of the following is **NOT** a class A drug

- a) Aproflaxin
- b) Codein
- c) Pyridoxine
- d) Pitocin

Fill in blank spaces (10marks)

21. Status epilepticus is;

22. Forensic psychiatry is defined as.....

23. is a term used to refer to a failure to achieve normal sleeping pattern.

24. State the Indian penal code act of 1860 according to section 84

25. The loss of interest in the surrounding where the patient is unable to express his/her feelings is referred to as;.....

26. A panic attack is.....

27. Drugs that induces sleep resembling natural sleep are referred to as

28. act by enhancing the amino amine levels in the brain

29. As per the mechanism of action, sildinafile acts by

30. Drugs that cause birth defects are generally referred to as.....

Answer section B and C in the answer sheets provided.

SECTION B: SHORT ESSAY (10MARKS)

31. Describe ten (10) rights of psychiatric patients (5marks)

32. State five (5) classes of anticancer drugs giving an example of each. (5marks)

SECTION C: LONG ESSAY (60MARKS)

33. (a) Define criminal responsibility as referred to in psychiatric nursing (1 mark)
- ☒ (b) Outline four (4) civil responsibilities of mentally ill persons (2marks)
- ☒ (c) Describe the standards of care in mental health Nursing. (11marks)
- (d) As nurse, describe how you can avoid liability in a psychiatric nursing setting. (6marks)
34. (a) differentiate between violence and aggression (2marks)
- (b) List six (6) indicators of violence and aggression for the patient on ward (3marks)
- ☒ (c) List five (5) self- protection techniques that can be used by the nurse to avoid being harmed by an aggressive patient (5marks)
- (d) Describe the management of an open violent episode that occurs on ward (10marks)
35. (a) identify an antipsychotic drug used in psychiatry in the following order (15marks)
- Name of the drug
 - Dose
 - Legal class
 - Three indications
 - Two contraindications
 - Two drug interactions
 - Five side effects
- (b) State one indication, the average adult dose, one contraindication, one side effect and class of diazepam. (5marks)

END

SECTION A: Objective Questions

Circle the correct answer (20 marks)

- Which of the following is **NOT** a prominent symptom of panic attack?
(a) Fear of dying.
(b) Suicidal threats.
(c) Tremors.
(d) Parasthesias.
- Nursing priorities for patients with suicidal ideations **exclude**
(a) establishing a therapeutic relationship.
(b) implementing safety measures.
(c) collaboration on safety plans.
(d) increasing interest in life.
- Nursing care plans for managing aggression and violence in patients **exclude**
(a) use of effective communication skills.
(b) threatening the patient with legal action.
(c) behavioural management to address aggression.
(d) medication to reduce anxiety and stress.
- Tonic clonic seizures induced by chronic alcohol use are called fits.
(a) rum.
(b) run.
(c) petitmal.
(d) grandmal.
- The most appropriate initial occupational therapy for a client with post traumatic stress disorder is
(a) aversion.
(b) psycho education.
(c) physical exercise.
(d) narrative exposure.

6. Which of the following actions is appropriate for a nurse to take while handling a mentally ill patient who is incapable of giving informed consent?
- (a) Consent as a professional.
 - (b) Apply substituted consent.
 - (c) Abandon consent issues.
 - (d) Use the next of kin.
7. Which of the following orders ensures a speedy and simple admission procedure for a mentally ill patient?
- (a) Urgency order.
 - (b) Reception order.
 - (c) Medical form 5.
 - (d) Temporary detention order.
8. Which of the following statements is true concerning the term mood?
- (a) Common symptoms among patients.
 - (b) What the nurses feel as they touch the patient.
 - (c) What nurses see and observe on the patient.
 - (d) The subjective feeling expressed by the patient.
9. Uncontrollable repetitive behaviors that cause significant distress and interference with daily life are called
- (a) obsessions.
 - (b) compulsions.
 - (c) hallucination.
 - (d) illusions.
10. Which of the following is NOT a characteristic of psychogenic seizures?
- (a) Tongue biting.
 - (b) EEG abnormalities.
 - (c) Preceding emotional disturbances.
 - (d) Voluntary limb involvement.
11. Which of the following drugs is administered to induce labour?
- (a) Oxytocin.
 - (b) Misoprostol.
 - (c) Mifepristone.
 - (d) Syntometrine.

12. Which of the following symptoms is a combined oral contraceptive?
- (a) Norgestrel.
 - (b) Medroxy progesterone.
 - (c) Lovenorgesterel.
 - (d) Microgynon.
13. Which of the following drugs is administered to inhibit uterine contractions in women with premature labour?
- (a) Plasil.
 - (b) Phenytoin.
 - (c) Salbutamol.
 - (d) Phenorbabitone.
14. Which of the following drugs is administered to counteract effects of ingested organophosphate?
- (a) Atropine.
 - (b) Clonidine.
 - (c) Glycopyrolate.
 - (d) Activated charcoal.
15. Which of the following drugs modulates anaphylaxis?
- (a) Atropine.
 - (b) Pethidine.
 - (c) Epine phrine.
 - (d) Phenobarbitone.
16. Which of the following drugs is NOT used to control auto immune anaemia in pregnancy?
- (a) Ferrous sulphate.
 - (b) Prednisolone.
 - (c) Rituximab.
 - (d) Betamethasone.
17. Which of the following drugs is a restricted class A drug?
- (a) Oxytocin.
 - (b) Pethidine.
 - (c) Furosemide.
 - (d) Phenobarbitone.

18. Which of the following methods of contraception is associated with high risk of cervical cancer?
 (a) Depo provera.
 (b) Implants.
 (c) Combined oral contraceptives.
 (d) Intra uterine contraceptive device.
19. Which of the following is NOT a drug of addiction?
 (a) Cocaine.
 (b) Heroin.
 (c) Aminophylline.
 (d) Amphetamine.
20. Emergency contraceptives comprise of
 (a) progesterone.
 (b) levonergestrel.
 (c) norgestrel.
 (d) ferrous fumarate.

Fill in the blank spaces (10 marks)

21. A condition characterized by the patient experiencing frequent attacks of fits without gaining consciousness in between is known as
22. Presence of anxiety in a patient accompanied by severe motor restlessness is known as
23. The rapid consumption of large quantities of food in a discrete period of time is known
24. A feeling or state of intense excitement that is exaggerated in mentally ill patients is called
25. Irrational fear for heights is called
26. A drug used in the treatment of postpartum haemorrhage and peptic ulcers is
27. The generic name for the drug ventolin is
28. Activated charcoal is used to treat

29. The drug of choice in the treatment of post partum breast engorgement is
30. The recommended drug for erectile dysfunction is called

Answer Sections B and C in the answer booklets provided

SECTION B: Short Essay Questions (10 marks)

31. Outline five (5) characteristic features of a child suffering from autism. (5 marks)
32. Outline five (5) roles of a nurse in the prevention of alcohol abuse. (5 marks)

SECTION C: Long Essay Questions (60 marks)

33. (a) Outline ten (10) clinical manifestations of post-traumatic stress disorder (PTSD) in a patient following massive death. (10 marks)
- (b) Outline ten (10) specific management interventions for a patient with post traumatic stress disorder (PTSD). (10 marks)
34. (a) Outline ten (10) factors that could lead to suicidal ideations. (10 marks)
- (b) Outline ten (10) nursing interventions implemented for emotional support and building self-esteem among clients with suicidal ideations. (10 marks)
35. (a) Describe three (3) mechanisms of action of combined oral contraceptives. (9 marks)
- (b) Outline five (5) indications of combined oral contraceptives. (5 marks)
- (c) Outline six (6) circumstances where COCs should not be used. (6 marks)

END