



**Benha University**  
**Faculty of nursing**

**Fourth year final-term Exam- first Semester (model A)**

Course title: Psychiatric and Mental Health Nursing

Date: 27 / 12 /2023

Time allowed: 3 hours

Parts	Questions	Marks
Part( 1)	Multiple-choice questions	65
Part(2)	True and false	55
	Total	120

**Part (1): Multiple-choice: circle the best answer :(65 marks)**

- 1. The biological factor for the cause of mental illness include:**
  - a) **Heredity**
  - b) Mental conflicts
  - c) Economic problem
  - d) Social changes
  
- 2. Role of psychiatric nurse toward mental health promotion through secondary prevention includes:**
  - a) Focusing bonding behavior.
  - b) **Conduct various types of psychotherapy with clients.**
  - c) Focusing on importance of social support.
  - d) Focusing on importance of family member relationship and responsibility.
  
- 3. The way that show interest in the patient as a person:**
  - a) **Studying patient's behavior pattern.**
  - b) Not interest his likes and dislikes.
  - c) Calling the patient by his/her not preferred name.
  - d) Put certain routine pattern that doesn't change.
  
- 4. Patient acceptance means:**
  - a) Be judgmental about patient's behavior.
  - b) Complete permissiveness and setting of positive behaviors that convey to the patient respect.
  - c) **Permit the patient to express strongly held feelings.**
  - d) Avoid the patient from making choices and decisions when possible.
  
- 5. Ms. Fatima, 30 years old, had a dog bite at the age of 2 years. Even though she doesn't verbalize about dog bite, still she is very much afraid even when a dog barks. What Defense mechanism does Ms. Fatima exhibit?**
  - a) Regression.
  - b) **Repression.**
  - c) Sublimation.
  - d) Projection.
  
- 6. Person who don't have a children say I don't have it is a big responsibility is an example of?**
  - a) Projection.
  - b) Suppression.
  - c) **Rationalization.**
  - d) Regression.

7. Miss Layla who unconsciously hates her mother continually tells staff how wonderful her mother is this is example of?
- Projection.
  - Introjection.
  - Reaction formation.**
  - Denial.
8. The nurse realizes that the patient is having a hard dealing with their diagnosis. The patient states that he is feeling alone with no one who understands. Which type of communication could be the most useful for the patient?
- Silence.
  - Empathy.**
  - Reflection.
  - Sympathy.
9. A nurse states to a client, “Things will look better tomorrow after a good night’s sleep.” This is an example of which communication technique?
- The therapeutic technique of “giving advice”.
  - The therapeutic technique of “defending”.
  - The nontherapeutic technique of “presenting reality”.
  - The non-therapeutic technique of “giving false reassurance”.**
10. Paying attention to a patient's facial expressions is an example of which of the following?
- Oral therapeutic communication.
  - Spoken therapeutic communication.
  - Verbal therapeutic communication.
  - Non-verbal therapeutic communication.**
11. Increase dopamine in \_\_\_\_\_ causes \_\_\_\_\_ symptoms, while, decrease dopamine in \_\_\_\_\_, cause \_\_\_\_\_ symptoms.
- Limbic system , positive symptoms; frontal area, negative symptoms**
  - Mesolimbic system, positive symptoms; prefrontal area negative symptoms
  - Frontal area, negative symptoms; limbic system, positive symptoms
  - Frontal area, positive symptoms; limbic system, negative symptoms
12. Schizophrenia when an individual believes they are in danger, this is referred to as:
- Delusions of grandeur.

**b) Delusions of persecution.**

c) Delusions of control.

d) Nihilistic delusions.

**13. Paranoid schizophrenia is characterized by:**

a) The presence of disorganized behavior and flat or inappropriate affect.

**b) The presence of delusions or auditory hallucinations.**

c) The severe disturbances of motor behavior.

d) A lack of prominent positive symptoms with evidence of on-going negative symptoms.

**14. The biochemical theory of schizophrenia known as the Dopamine hypothesis refers to:**

a) Insufficient dopamine activity.

b) Contaminated dopamine.

**c) Excess dopamine activity.**

d) Allergic sensitivity to dopamine.

**15. In schizophrenia, early onset with poor prognosis is seen in:**

a) Residual.

**b) Hebephrenic.**

c) Catatonic.

d) Paranoid.

**16. In Bipolar II Disorder, major depressive episodes alternate with periods of .....**

a) Cyclothymia.

b) Major depression.

c) Dysthymia.

**d) Hypomania.**

**17. In Major Depression, which of the following is a significant neurotransmitter affected?**

**a) Serotonin.**

b) Betacarotene.

c) Dopamine.

d) Acetylcholine.

**18. Individual with .....disorder describe their mood as sad or down, no evidence of psychotic symptoms or major depressive episode.**

- a) Manic.
- b) Hypomanic.
- c) Major depressive.
- d) **Dysthymic.**

**19. In which situation would the nurse suspect a medical diagnosis of social phobia?**

- 1. A client abuses Alcohol daily and avoids social situations because of fear of humiliation.
- 2. An 8-year-old child isolates from adults because of fear of embarrassment, but has good peer relationships in school.
- 3. A client diagnosed with Parkinson's disease avoids social situations because of embarrassment regarding tremors and drooling.
- 4. **A college student avoids taking classes that include an oral presentation because of fear of being scrutinized (التدقيق) by others.**

**20. A client experiencing a panic attack would display which physical symptom?**

- 1. Fear of dying.
- 2. **Palpitations.**
- 3. Depersonalization.
- 4. Restlessness.

**21. Which of the following treatment approaches has been proven to be the most beneficial for the client diagnosed with the anxiety disorder?**

- a) **Antianxiety medications combined with psychotherapy.**
- b) Antianxiety medications only.
- c) Psychotherapy only.
- d) Guided imagery.

**22. What is the genetic problem in Down syndrome?**

- a) Trisomy 18.
- b) Trisomy 16.
- c) **Trisomy 21.**
- d) Trisomy 13.

**23. .... stage of development usually occurs at the age of 1-3, the Ego starts to develop and the Id is somewhat controlled:**

- a) Oral.
- b) Phallic.
- c) Latency.
- d) Anal.

**24. A Common disorder that may originate from latency stage is**

- a) Hysteria.
- b) Schizophrenia.
- c) Obsessive compulsive disorder.
- d) Phobia.

**25. The first line of treatment for attention deficient hyperactive disorder is**

.....

- a) Antidepressants.
- b) Antipsychotic.
- c) Stimulants.
- d) Antianxiety.

**26. Type of Autism that appears to have a later onset and no significant delay in cognitive and language development is noted, it is called**

.....

- a) Rett syndrome.
- b) Asperger's syndrome.
- c) Pica syndrome.
- d) Tourette syndrome.

**27. What of this personality disorders can attempt suicide with no intent to end their life?**

- a) Narcissistic personality disorder.
- b) Histrionic personality disorder.
- c) Borderline personality disorder.
- d) Avoidant personality disorder.

**28. \_\_\_\_\_ is characterized by a pervasive and excessive need to be taken care of that leads to submissive, clinging behavior and fears of separation:**

- a) Dependent Personality Disorder.
- b) Avoidant Personality Disorder.
- c) Histrionic Personality Disorder.
- d) Schizoid Personality Disorder.

**29. The first step when initiating therapy for patients with personality disorder?**

- a) Convince the patient that his or her problems arise from an internal source.
- b) Reducing the patient's subjective distress caused by maladaptive behaviors.**
- c) Educate the family about the disorder.
- d) Encourage the patient to understand those around him.

**30. The following statement is a FALSE about Personality Disorders?**

- a) Involve problems with interpersonal interaction.
- b) Divided into clusters.
- c) Treated by medication and psychotherapy.
- d) Include eating disorders.**

**31. Heba often spends her time alone. When she has to be out, she can usually be found in the corner of the room. She doesn't want to be rejected, so Heba usually just avoids speaking to others. Which of the following personality disorders does Mary most likely have?**

- a) Avoidant personality disorders.**
- b) Dependent personality disorders.
- c) Obsessive-Compulsive personality disorders.
- d) Paranoid personality disorders.

**32. One of the hypochondriasis symptoms is:**

- a) Frequent doctor visits.**
- b) Frequent exercise.
- c) Perfect attendance.
- d) Lack of attention to vital signs.

**33. Which disorder is formerly called as Briquet's disorder?**

- a) Somatization Disorder.**
- b) Pain disorder.
- c) Hypochondriasis.
- d) Body dysmorphic disorder.

**34. Milieu therapy is a form of \_\_\_\_\_ that involves the use of therapeutic communities.**

- a) Psychotherapy.**
- b) Cognitive behavioral therapy.
- c) Family therapy.
- d) Individual therapy.

**35. Milieu therapy is NOT suitable for patients with:-**

- a) Severe crisis.
- b) Violent or destructive behavior.
- c) Disturbed ego functions (such as reality testing, problem solving).
- d) **Complex physical illness.**

**36. An angry client on inpatient unit approaches a nurse, stating, someone took my lunch! People need to respect others, and you need to do something about this now! The nurse's response should be guided by which basic assumption of milieu therapy?**

- a. Conflict should be avoided at all costs on inpatient psychiatric units.
- b. Conflict should be resolved by the nursing staff.
- c. **Every interaction is an opportunity for therapeutic intervention.**
- d. Conflict resolution should be addressed only during group therapy.

**37. The neurological disorder that is characterized by impairment in sensory ability to recognize objects are known as:**

- a) Aphasia.
- b) Apraxia.
- c) **Agnosia.**
- d) Ataxia.

**38. When the individual is be unable to express thought in writing, this is known**

- a) Asagnosia.
- b) Agnosia.
- c) **Agraphia.**
- d) Aphasia.

**39. Choosing between two or more desirable goal refers to:-**

- a) Avoidance- avoidance conflict.
- b) **Double approach conflict.**
- c) Approach – avoidance conflict.
- d) A carrier promotion conflict.

**40. Stress may stem from..... to achieve specific goals or to behave in particular way.**

- a) **Pressure.**
- b) Conflict.
- c) Change.
- d) Frustration.



**41. Which of these is not a symptom of conduct disorder?**

- a) Aggression to people or animals.
- b) Destruction of property.
- c) Deceitfulness or theft.
- d) **Having few friends.**

**42. The most features that characterized the patient with stupor?**

- a) Patient is active and motion.
- b) Patient responds to any stimuli.
- c) **Mute and immobile.**
- d) Normal breathing and pupil.

**43. The following type of stupor is characterized by waxy flexibility and automatic obedience?**

- a) **Catatonic stupor.**
- b) Negativistic stupor.
- c) Depressive stupor.
- d) Dissociative stupor.

**44. Nursing care during ECT Procedure:**

- a) Minimize anxiety through anxiety management techniques.
- b) **Apply ECG electrodes, EEG electrodes, BP cuff, and pulse oximetry sensor.**
- c) Informed consent is taken to overcome the fear, confusion and anxiety.
- d) The patient's hair should be clean and dry to allow for electrode contact.

**45. Its necessary to make hemodialysis for patient with lithium toxicity if serum lithium level become more than**

- a) 1.8 mEqL.
- b) 2 mEqL.
- c) 2.5 mEqL.
- d) **3 mEqL.**

**46. The therapeutic level of lithium is?**

- a) 0.4 to 0.8 mEqL.
- b) 0.8 to 1.8 mEqL.
- c) 0.2 to 0.4 mEqL.
- d) **0.5 to 1.2 mEqL.**

**47. Akathisia can be treated by:**

- a) Haldol.
- b) Clozaril.
- c) Risperdol.
- d) **Artane.**

**48. Extrapyramidal side effects treated with:**

- a) Benadryl.
- b) Amantadine.
- c) Symmetrel.
- d) **Congentin.**

**49. One of the following is type of focal seizures:**

- a) **Complex partial seizures.**
- b) Petit mal epilepsy.
- c) Myoclonic seizures.
- d) Atonic seizures.

**50. The following warning sign most indicative of suicide?**

- a) **Giving away personal items.**
- b) Severe anorexia.
- c) Appear euthymic mood.
- d) Impulsive behavior.

**51. A 18-years-old women presents with symptoms of Bulimia nervosa.  
Which of the following drugs would be most helpful to this patient?**

- a) **Prozac.**
- b) Tofranil.
- c) Lexapro.
- d) Celexa.

**52. Initial response to an adequate dosage of SSRI typically occurs after beginning of treatment by.....**

- a) 4 weeks.
- b) 1 week.
- c) **2 weeks.**

d) I month.

**53. When educating patient and caregiver about Antidepressant drugs, which of the following health education take the priority?**

- a) Provide safety measures to prevent injuries.
- b) Provide a list of potential drug-food interactions that can cause severe toxicity.**
- c) Educate client to promote compliance.
- d) Tell the patient to avoid exposure to sunlight.

**54. When selecting the activity of depressed patient it should be?**

- a) Need much time to achieve it.
- b) Require little attention.**
- c) Difficult task.
- d) Exceed patient`s ability and capacity to complete it.

**55. A resident on restraint should be checked:**

- a) Every 15 mins.
- b) Every 2 hour.**
- c) Every hour.
- d) Every 30 mins.

**56. The nurse closely observes the client who has been displaying aggressive behavior. The nurse observes that the client's anger is escalating. Which approach is least helpful for the client at this time?**

- a) Acknowledge the client's behavior.
- b) Maintain safe distance from the client.
- c) Assist the client to the area that is quit.
- d) Initiate confinement measures.**

**57. Which patient has the greatest risk for overdose with a benzodiazepine? A patient who:**

- a) Takes the drug with antacids.
- b) Takes the drug before meals.
- c) Combines the drug with alcohol.**
- d) Experiences depression as well as anxiety.

**58. Which neurotransmitter that Benzodiazepines enhance its inhibitory effect?**

- a) Serotonin.
- b) **Gamma-aminobutyric acid.**
- c) Acetylcholine.
- d) Norepinephrine.

**59. The type of eating disorder that is mostly seen in adolescent girls is:**

- a) Anorexia nervosa.
- b) **Bulimia nervosa.**
- c) Binge eating disorder.
- d) Obesity.

**60. The perception of being fat even when they are underweight or emaciated is seen in:**

- a) **Anorexia nervosa.**
- b) Bulimia nervosa.
- c) Binge eating disorder.
- d) Purging episode.

**61. In which phases of aggression the patient may cry or quietly withdraw.**

- a) Escalation.
- b) **Post crisis.**
- c) Recovery.
- d) Triggering.

**62. The characteristics of the excited patient:**

- a) Patient is hypoactive.
- b) Like constructive clothes.
- c) Has no energy and no confidence.
- d) **Patient may be intense, suspicious and hostile.**

**63. One of the following is non- verbal clues for excited patient:**

- a) Colorful language.
- b) Bizarre delusion and hallucination.
- c) **Pace around a room.**
- d) Loud voice with pressure of talk or speech.

**64. Patient monthly injections of haloperidol appears for a follow up appointment displaying a mask-like facial expression, abnormal posturing, slow movement What is the most likely side effect for these new symptoms.**

- a) Acute dyskinesia.
- b) Neuroleptic malignant syndrome.
- c) **Pseudoparkinsonism.**
- d) Tardive dyskinesia.

**65. Neurochemical imbalance most closely associated with psychotic disorder.**

- a) Decreased serotonin.
- b) Decreased brain GABA.
- c) Abnormal glycine metabolism.
- d) **Dopaminergic abnormality.**

**Part (2): True and false ( 55 Marks)**

**II -Read each statement carefully and circle (T) if the statement is true and (F) if statement false.**

Items	T	F
1. Manifestation of stupor is dripping of saliva and retention of urine.	<b>T</b>	
2. Unilateral ECT may cause more degree of amnesia.		<b>F</b>
3. The nurse should allow for the patient who will receive ECT to see or hear another one who treats by ECT.		<b>F</b>
4. One of the causes of lithium toxicity is decrease sodium intake.	<b>T</b>	
5. Levodopa its anticholinergic drugs treat Parkinsonism.		<b>F</b>
6. Gustatory hallucination means feeling touch sensations in the absence of stimuli crawling sensation on or under the skin.		<b>F</b>
7. Carbamazepine interacts with corticosteroids by decreased metabolism and effectiveness of corticosteroids.		<b>F</b>
8. Female successes in suicide more than males.		<b>F</b>
9. Narcolepsy best treated by Contrave for their psycho stimulant effects	<b>T</b>	
10. Activity therapy for Paranoid patient should be challenged the patient.		<b>F</b>
11. Mittens are an example of chemical restraint.		<b>F</b>
12.12. Buspirone has no anticonvulsant or sedative but muscle relaxant properties.	<b>T</b>	
13. The” binge and purge” behavior is seen in patients with anorexia nervosa		<b>F</b>
14. People with bulimia become very thin like those with anorexia.		<b>F</b>
15. Threatening consequences can escalate agitation and lead to aggression.	<b>T</b>	
16. Physical restraint used as a first resort for management of excited patients		<b>F</b>
17. Antipsychotic drugs interact with sedation drug and alcohol lead to increase CNS depression	<b>T</b>	
18. Genetic factors are not playing an important role in personality disorders.		<b>F</b>
19. The exact cause of conduct disorder is known.		<b>F</b>
20. Parents need to replace old patterns such as yelling, hitting, or simply ignoring behavior with more effective strategies to dealing with conduct children.	<b>T</b>	

21. Delirium is irreversible condition when not completely treated	T	
22. A monotonic disturbance is inability to understand written language.		F
23. Milieu therapy is suitable for patients with assaultive behavior.		F
24. High endogenous endorphin level associated with person who is phlegmatic.	T	
25. Person who exhibit impulsive trait often show low level of testosterone hormone.		F
26. Autism is more common among males than females.	T	
27. Vascular dementia known is abrupt is onset and episodic with multiple remissions.	T	
28. Attention deficit hyperactivity disorder symptoms can continue in adult hood.	T	
29. Passive progressive relaxation consists of tensing muscle and then conscionably relaxation the muscle		F
30. Panic attacks are repeated attacks of fear that can last for several minutes.	T	
31. Patients with psychosis usually experience reactive mood in all life situations		F
32. Nurse's ability to view patient's behavior objectively means not to judge patients' behavior as RIGHT or WRONG.	T	
33. Therapeutic touch transfer of energy from the healer to the client	T	
34. Mental illness do not produce disharmony in the person's ability to function effectively and comfortably.		F
35. A blind woman becomes proficient in playing piano is an example of compensation	T	
36. Facial expression is very powerful tool in verbal therapeutic communication.		F
37. Communication cannot be considered complete without feedback.	T	
38. In non-identical twins, the incidence of schizophrenia in one of twins will be 1: 8 if one of them develops schizophrenia by genetic causes.	T	
39. Early onset schizophrenia associated with good prognosis versus late onset.		F

<b>40.</b> Individual believes that messages are being sent directly to him or her, this is referred to delusions of persecution		F
<b>41.</b> The incidence of mood disorders is high in dizygotic twins than monozygotic twins		F
<b>42.</b> Prevalence of major depressive disorder affects approximately 14.8 million people worldwide.	T	
<b>43.</b> Compulsions are recurrent, intrusive thoughts, impulses, or images.		F
<b>44.</b> A medical term for having an extra copy of a chromosome is ‘trisomy’.	T	
<b>45.</b> The number of symptoms and the severity can vary between each person with Down syndrome.	T	
<b>46.</b> The unconscious refer to all memories, feelings, thoughts or wishes that are not available to the conscious mind.	T	
<b>47.</b> The ego operates on the reality principle and is characterized by secondary process thinking.	T	
<b>48.</b> The Oedipus complex is resolved at the beginning of the genital stage.		F
<b>49.</b> Conversion disorder is a type of somatoform disorder.	T	
<b>50.</b> Somatoform disorders characterized by symptoms are intentionally produced and the patient is conscious.		F
<b>51.</b> Activity therapy for overactive patient should be monotonous		F
<b>52.</b> 51. Therapeutic approach allow patient to engage in the activities, learn new skills and promote negative personality.		F
<b>53.</b> 52. Complete permissiveness means agree patient's behavior as right or wrong, good or bad without set limits.	T	
<b>54.</b> 53. From the advantage of day and night hospital, the patient is able to continue his social contacts with the family and community.	T	
<b>55.</b> The therapeutic nurse client relationship is one of equal power.		F



