



كلية معتمدة

Benha University
Faculty of Nursing
Fourth year

Final Exam of Psychiatric and Mental Health Nursing

2nd term 2021

Course title: Psychiatric and Mental Health Nursing

Date: 16 /6/2021

Time allowed: 3 hours

Parts	Questions	Marks
Part(١)	Multiple Choice Questions	٥٠
Part(٢)	True and False	٣٠
	Total	٨٠

Part (١) Multiple Choice Questions (٥٠ Marks)

١- **One example of the psychiatric nurse's role in primary prevention is:**

- Handling crisis intervention in an outpatient setting
- Visiting the patient's home to discuss medication management
- Conducting a post-discharge support group
- Providing sex education classes for adolescents**

Υ-"Learned helplessness" is typically seen in

- A. Delirium
- B. Dementia
- C. Schizophrenia
- D. Depression**

Υ-Schizophrenia which has poor response to treatment and poor prognosis is

- Catatonic
- Undifferentiated
- Paranoid

• **Hebephrenic**

ξ-Person with good mental health usually have emotional maturity which means:-

- A- The ability to accept their own responsibilities.
- B- The ability to plan ahead and do not fear the future
- C- The ability to adapt to change and deal with reality effectively.**
- D- The ability to love and consider the interests of others.

•-Psychological symptoms of manic episode include

- A. Sadness
- B. Loss of interest
- C. Racing thoughts**
- D. Sense of emptiness

7-Which of the following is NOT true about schizophrenia?

- Literally means "splitting of mind"
- People with low intelligence are more predisposed
- Peak incidence is 10 to 30 years of age
- Predominantly a disease of females

8-Individuals become aggressive through:

a-learning that the most satisfying way to reduce frustration is through aggression

b-direct and indirect experience of aggression from others

c-inheritance of aggressive gens

d-all of the above

9. Which therapeutic communication technique is being used in this nurse-client interaction?

Client: "My father spanked me often."

Nurse: "Your father was a harsh disciplinarian."

- A. Restatement
- B. Offering general leads
- C. Focusing
- D. Accepting

9-A nursing instructor is teaching about specific phobias. Which student statement should indicate that learning has occurred?

- A. "These clients do not recognize that their fear is excessive and rarely seek treatment."
- B. "These clients have a panic level of fear that is overwhelming and unreasonable."**
- C. "These clients experience symptoms that mirror a cerebrovascular accident (CVA)."
- D. "These clients experience the symptoms of tachycardia, dysphagia, and diaphoresis."

10- A characteristic, which is least associated with paranoid schizophrenia is

- Deterioration of personality
- Late onset
- secondary depression
- Delusion of grandiosity

11. Double approach conflict means?

- A. A person faced with two undesirable goals at the same time and the choice must be made between two undesired goals.
- B. It involves choosing between two or more desirable goal
- C. When person holds two incompatible goals at the same time
- d. all of the above**

12- What anxiety disorder is developed in response to an unexpected emotional or physical trauma that could not be controlled?

- a. Panic Disorder
- b. Phobia
- c. Obsessive Compulsive Disorder (OCD)
- d. Post-Traumatic Stress Disorder**

13- Which of the following characteristics is a good prognosis factor in schizophrenia?

- Childhood onset
- Presence of delusions and hallucinations
- Unmarried
- Presence of negative symptoms

14. **Nurse Patrick is interviewing a newly admitted psychiatric client. Which nursing statement is an example of offering a "general lead"?**

- A. "Do you know why you are here?"
- B. "Are you feeling depressed or anxious?"
- C. "Yes, I see. Go on."
- D. "Can you chronologically order the events that led to your admission?"

15. **Which of the following are the basic sources of stress?**

- A. conflicts
- B. perception
- C. Thoughts
- D. Feelings

16. **When caring for a patient during an acute panic attack, which of the following actions by the nurse is most appropriate?**

- a. Offer the patient reassurance of safety and security
- b. Explore common phobias associated with panic attacks
- c. Ask open-ended questions to encourage communication
- d. Use distraction techniques to change the patient's focus

17. **When interviewing a client, which nonverbal behavior should a nurse employ?**

- A. Maintaining indirect eye contact with the client
- B. Providing space by leaning back away from the client
- C. Sitting squarely, facing the client
- D. Maintaining open posture with arms and legs crossed

18. **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. Patient is allowed to feel as he does.

D- Conveying to the patient feeling of being loved and cared for.

19-**Less memory disturbance is seen with**

A Bilateral ECT

B Unilateral ECT

C Direct ECT

D Modified ECT

20-**one of the following complication of seclusion is:**

A. Dehydration

B. Depression

C. Bed sores

D. Constipation

21- Which brain chemical is adjusted by antipsychotic medications?

a. Melatonin

b. Adrenaline

c. Cortisol

d. Dopamine

22- Rate of mood disorders among dizygotic twins is:-

A. 40%

B. 60%

C. 12%

D. 20%

१३- Type of limits setting used to decrease time spends with patient is called:-

- Verbal limits
- Mechanical limit
- **Timeout limits**
- Chemical limit

१४- Those can be symptoms of generalized anxiety disorder:

- A. Feeling tired
- B. Trouble sleeping
- C. Restlessness
- D. - All the above

१०- Interprets the message based on his/her communication skills, attitudes, knowledge and socio-cultural system:

- A. Context.
- B. Sender.
- C. **Receiver.**
- D. Relevance

Part १: True or False (३ Marks)

Write the letter (T) in front of correct sentences and the letter (F) in front of wrong sentences.

NO	Questions	T	F
१	Patient with stupor doesn't respond to external stimuli only.		f
२	Patients with psychosis usually experience reactive mood in all life situations		f
३	Affect is subjective expressed and reported by the patient		f
४	Males between the ages of १८ and २४ are in the group with the highest growth rate of suicide, but older men are actually at the highest risk of killing themselves	t	

๑	Threatening gestures, sending unwanted gifts are verbal forms of aggression		f
๒	Stress awareness' log help people to identify stressful events in by listing particular stressful events	t	
๓	The receiver is the person who initiates the interpersonal communication		F
๔	If a depressed or suicidal person feels happy suddenly it is usually means that the problem has passed.		f
๕	Don't laugh at the patient with stupor or punish him because he is not consciously aware of what's going around		f
๖	Mood disorders characterized by primary disturbance of mood, a tendency for complete recovery and occur in attacks	t	
๗	Stress tolerance is the ability of person to withstand stress and become seriously impaired.		F
๘	communication it is not ongoing process of conveying information ideas, facts, opinions, thoughts and feelings		F
๙	Seclusion and restraint may be indicated in patient with manipulative behavior		f
๑๐	Compulsions are recurrent, intrusive thoughts, impulses, or images.		f
๑๑	Closed-ended questions are more effective to identify patients' needs and problems when the patient's problems are not obvious.		F
๑๒	The psychiatric nurse should focus on patient's intellectual aspect to change the patient unacceptable behavior		f
๑๓	Seclusion means that restricts patient movement either partial or total		f
๑๔	people's imagination can be a powerful tool for reducing stress	T	
๑๕	Psychiatric nursing principles are not general in nature and from guidelines for emotional care of each patient.	t	
๑๖	Electroconvulsive therapy is not used to alleviate anxiety		F
๑๗	Auditory hallucination means false perception of sound, usually voices in the absence of external stimuli.		f
๑๘	Anxiety disorders aren't more common among first-degree biological relatives.		f
๑๙	Individuals with a first-degree relative (parent or sibling) who has schizophrenia have a ๑๐ percent chance of developing the disorder.	t	

٢٤	Antipsychotic drugs are sometimes prescribed to treat behavioral disturbance in people with dementia	t	
٢٥	Clients taking MAOIs and who eat foods containing tyramine risk experiencing a hypertensive - crisis, which is a potentially fatal reaction	t	
٢٦	Schizophrenia typically begins in late adolescence or early adulthood.	t	
٢٧	Antiacids drugs increase absorption of antipsychotic drugs		f
٢٨	Principal pathological hallmark of Parkinson's disease: Reduced dopamine-containing neurons of the substantial nigra	t	
٢٩	The purpose of limit setting is used to provide reality contact between patient and his environment.	t	
٣٠	Anticholinergic which block acetylcholine receptor to increase excess cholinergic effect		f