



# AMREF INTERNATIONAL UNIVERSITY

University Examinations  
School of Medical Sciences  
Department of Health Psychology

**2021 Academic Year: April/August 2021 Semester Examination**

**Course Code:** ADMH101

**Course Title:** Psychopathology, Psychopharmacology & Practicum

**Time:** 2 Hours

**Date:** 04/08/2021

## **Instructions**

1. Write your University registration number on every booklet that you use
2. Do not write on the question paper
3. This paper consists of 4 Questions

***Read carefully additional instructions preceding each section***

**SECTION A: (20 MARKS)**

**Answer all questions**

1. Concerning history taking in Psychiatry
  - a) Informant(s) report is not necessary.
  - b) Assessment should be carried out in an undisclosed setting
  - c) Confidentiality issues is not important
  - d) Past medical history is not important
  - e) Demographic data is an important part.
  
2. Past medical and psychiatric history is the following except?
  - a) Provide significant insights into your patient's chief complaints
  - b) Guide your diagnosis
  - c) Necessary for complete documentation
  - d) Help in ruling out any physical conditions that might cause the chief complaints
  - e) Totally irrelevant to the patient
  
3. Which of the following is the MOST common cause of insomnia among psychiatric patients?
  - a) Sleep apnea
  - b) Shift work
  - c) Stimulant use
  - d) Underlying psychiatric illness
  - e) Use of sleeping pills.
  
4. The listing of possible your patient's symptoms or chief complaint is the?
  - a) Present problem as expressed by the patient
  - b) Field diagnosis
  - c) Differential diagnosis
  - d) History of presenting problem
  - e) Formulation
  
5. Which of the following cognitive tasks is NOT an assessment of short term or long-term memory?
  - a) Ask the patient to name the current President.
  - b) Ask the patient to name as many animals as possible that can be found in Kenya.
  - c) Ask the patient to tell you his or her address and later, you check the answer with patient's medical record.
  - d) Inform the patient 3 objects (e.g., Apple, Newspaper and Train) and ask the patient to name the 3 objects immediately.
  - e) Inform the patient 3 objects (e.g., Apple, Newspaper and Train) and ask the patient to name the 3 objects after 5 minutes.

6. A 30-year-old woman mentions that she saw the face of 'Monkey' on the tree trunk of a particular tree near her apartment. She can see the face of 'Monkey' every time when she walks past that tree but not on the other trees especially when it's dark. This phenomenon is known as:
- Delusional misidentification
  - Delusion of reference
  - Fantasy
  - Illusion
  - Visual hallucination.
7. The following are disorders of thought EXCEPT
- Delusions
  - Phobias
  - Obsessions
  - Hallucinations
  - Preoccupations
8. Mental state examination includes the following EXCEPT
- Appearance
  - Thought
  - Affect
  - Cognition
  - Diagnosis
9. A good formulation has to have the following except?
- A discussion of the important positives and negatives from the history
  - Laboratory investigations
  - Key findings from the mental state evaluation
  - Diagnosis and differential diagnosis
  - The 4 Ps
10. Which one of the following is a feature of Depressive disorder?
- Anhedonia
  - Optimistic thinking
  - Perceptual disturbances
  - Normal attention and concentration
  - Normal appetite

11. A 35-year-old woman suffers from low mood, low energy, poor sleep, poor appetite and recurrent suicidal thoughts. She firmly believes that she deserves the death sentence for minor mistakes made in the past. Which of the following statements is FALSE?
- For severe depressive episode with psychotic features, psychotic symptoms usually occur after manifestation of depressive symptoms.
  - Her psychotic symptoms are considered to be mood congruent.
  - Based on the case scenario, there is enough evidence to suggest that she suffers from schizoaffective disorder.
  - The prescription of antipsychotic drug should be considered.
  - Electroconvulsive therapy (ECT) is a recognized treatment for his condition
12. The following are psychological features of anxiety EXCEPT
- Irritability
  - Apprehension
  - Impaired concentration
  - Palpitation
  - Insomnia
13. You are assessing a 40-year-old woman who worries that she suffers from panic disorder. Which of the following features is MOST important to establish the diagnosis of panic disorder?
- Panic attacks are precipitated by exposure to the fearful situation only.
  - Panic attacks are caused by an underlying physical disorder.
  - The panic attacks are recurrent.
  - Panic attacks occur after the development of agoraphobia.
  - here is a secondary gain associated with panic attacks.
14. Agoraphobia without panic attack is BEST referred to:
- Concern about physical appearance
  - Constant worried about physical health
  - Fear of blood and needle
  - Fear of collapse in an enclosed space
  - Fear of authority figures.

15. Peter is 27-year-old and lives with his parents. He has been employed as a delivery man for most of the time since leaving school, but has recently left his job as a salesman. He has never taken any illicit drugs. His parents state that in the last three weeks, he has been extremely active, requiring less sleep and not appearing tired, being over-talkative and disinhibited and – on occasions – quite irritable. He claimed to have invented a machine for curing cancer and wished to go to the U.S. to sell it. When stopped by his parents, he became violent, and they called the police. Which of the following diagnosis is MOST appropriate for this patient?
- Bipolar I disorder with manic features
  - Bipolar II disorder with hypomanic features
  - Cyclothymia
  - Mixed affective disorder
  - Schizoaffective disorder
16. Which of the following personality disorders is LEAST likely to be considered as a differential diagnosis to schizophrenia?
- Borderline personality disorder
  - Obsessive compulsive personality disorder
  - Paranoid personality disorder
  - Schizotypal personality disorder
  - Schizoid personality disorder.
17. Which of the following disorders is LEAST likely to be considered as a differential diagnosis of a 35-year-old driver develops nightmare, flashback and hypervigilance after a road traffic accident?
- Factitious disorder
  - Generalized anxiety disorder
  - Major depressive disorder
  - Obsessive compulsive disorder
  - Phobic disorder
18. A 50-year-old man is admitted to the hepatobiliary ward as a result of pancreatitis. You are the psychologist on call. His wife tells you that she has seen him intoxicated with alcohol in the past few days. The patient denies. Which of the following is the BEST method available in a general hospital to confirm that this patient has been drinking recently?
- Carbohydrate-deficient transferrin (CDT)
  - Gamma-glutamyl transferase (GGT)
  - Mean corpuscular volume (MCV)
  - Serum alcohol level
  - Serum amylase

19. Concerning obsessive compulsive disorder
- Obsessional thoughts are always followed by a compulsive act.
  - Abnormality of serotonergic function may be implicated.
  - Psychotherapy is not a treatment modality
  - Haloperidol is the drug of choice
  - No evidence of Genetic predisposition.
20. Concerning conversion disorder
- Primary gain is a feature
  - The symptoms are deliberate
  - Commoner in males
  - Physical and Laboratory investigations not necessary
  - It is not a DSM-5 Diagnosis

### **SECTION B**

**Answer any Two (2) Questions - Total 40 Marks**  
**Each Question has 20 Marks**

1. A 35-year-old lady presents to you with a 3-month history of keeping to self, not going to work, lack of sleep. The husband reports that the symptoms have worsened in the last 2 weeks. He reports that she has started being violent, easily agitated, very suspicious, saying that there are cameras everywhere monitoring her movement hence the need to stay at home. She refuses to eat food cooked by anyone else at home claiming that they want to poison her, she has started neglecting her hygiene and when alone seems to be talking to someone who is not there and laughs inappropriately. The husband reports that this is not the 1<sup>st</sup> time she is portraying such weird behavior; about 3 years ago after the death of her mother she also had similar symptoms. She was taken to hospital, given some medication and got better but never continued with the medication.
- What is the most likely diagnosis for this patient? (4 marks)
  - Please defend your diagnosis pointing out on the key points from the scenario above. (8 marks)
  - List down DSM -5 classification of schizophrenia spectrum and other psychotic disorders. (8 marks)

2. Regarding Attention deficit hyperactivity disorder (ADHD) and Bipolar mood disorder (BMD) please answer the following questions.
- List down 4 differences between ADHD and Bipolar mood disorder. (4 marks)
  - List down the DSM 5 criteria for diagnosing BMD. (8 marks)
  - List down the DSM 5 criteria for diagnosing ADHD. (8 marks)
3. A 16year old girl presents herself to you with a 2-week history of refusal to go to school, lack of sleep, poor appetite to the extent of losing a lot of weight in a short span of time, cutting herself and wishing to die. The father reports that she requested to see a counsellor last year around September, but he brushed it off. On further inquiry dad tells you that he actually noticed a change in her behavior around the time him and the mother separated in July 2020, but didn't do much because he didn't understand what was going on. When you were engaging with the patient, she tells you that she has been feeling sad for a long time, she would cry every time the parents quarreled, she would keep to self-most of the time and would get easily angered. Dad also reports that she has been having a rebellious behavior even when mom was around, especially when shouted at.

When dad noticed that she has lost a lot of weight, he decided to take her to a public hospital and was put on Citopam 20mg daily and Olanzapine 5mg at night. She is currently doing better though sometimes she becomes sad and still has suicidal thoughts on and off.

- What is the most likely diagnosis? (4 marks)
- List down the DSM 5 criteria for diagnosing Depression. (8 marks)
- Discuss how you will rule out Bipolar depression in this patient. (8 marks)