



# AMREF INTERNATIONAL UNIVERSITY

University Examinations  
School of Medical Sciences

Department of Health Psychology

2021 Academic Year: April/August 2021 Semester Examination

**COURSE CODE:** ADMHP102  
**COURSE TITLE:** ASSESSMENT IN MENTAL HEALTH & PRACTICUM  
**TIME:** 2 HOURS  
**START** 4:00 PM **STOP:** 6:00 PM  
**DATE:** 03/08/2021

## 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: (30 MARKS)**

**Answer all questions**

1. In Post-Traumatic Stress disorder which of the following is the 1st line of treatment
  - a) SSRIs such as Floxetine
  - b) Prazosin
  - c) Cognitive Behaviour therapy
  - d) Psychological First Aid
  - e) Anti psychotics such as Haloperidol
2. Which of the tool below is used to assess for Mood disorder
  - a) General Anxiety Disorder scale 7
  - b) Patient Health questionnaire 9
  - c) Positive and Negative Syndrome scale
  - d) Composite Interview Diagnostic Interview
  - e) Becks Depression Inventory
3. The following is a Neurotransmitter which mediates symptoms of anxiety : -
  - a) Cortisol
  - b) Estrogen
  - c) Thyroxine
  - d) Serotonin
  - e) Adrenaline
4. In DSM 5 which of the following disorders is classified as Anxiety disorder
  - a) Insomnia
  - b) Acute Depression
  - c) Obsessive compulsive disorder
  - d) Agoraphobia
  - e) Bipolar Mood disorder
5. In Screening for Alcohol use disorder , which tool is quickly adminstered when gathering history
  - a) ASSIST
  - b) AUDIT
  - c) CAGE
  - d) ASI
  - e) Breathalyser screen
6. A Teacher presents to Chiromo Hospital Group with complaints of insomnia, tiredness and fatigue 3 months after being transfered from his Home County. What anxiety disorder do you think he suffers from : -
  - a) Post Traumatic stress disorder
  - b) Mild anxiety disorder
  - c) Acute stress disorder
  - d) Adjustment disorder
  - e) Panic attack

7. A 20 year old girl presents with low moods ,poor sleep and appetite and suicidal ideation. Which tool would you administer yourself
  - a) Patient health questionnaire 9
  - b) General anxiety depression number 7
  - c) ADHD self rating scale
  - d) Penn State worry questionnaire
  - e) Hamilton depression scale
8. A 35 year old famous musician presents with history of increased energy, talking alot, dressing in a suggestive manner and flirting alot with opposite gender. Which tool would you adminster
  - a) Positve and Negative syndrome scale
  - b) Brief Psychiatric rating scale
  - c) Strength and Difficulty questionnaire
  - d) Mood disorder questionnaire
  - e) Becks Anxiety inventory
9. The Prevalence of Mood disorders in is estimated at : -
  - a) 10 %
  - b) 20 %
  - c) 1.5 %
  - d) 3%
  - e) 8%
10. A 19 year old man is recently diagnosed with Schizophrenia. Which tool would be used in his routine care and follow up
  - a) ADHD Self rating scale
  - b) Bipolar Spectrum Rating Scale
  - c) Becks Anxiety Inventory
  - d) Positive and Negative syndrome scale
  - e) Hamilton depression scale8
11. A 32 year old lady comes for assessment at Chiromo Hospital group. She is 6 months pregnant .You diagnose her with Major depression. Which tool would you use.
  - a) Hamilton depression scale
  - b) Becks depression inventory
  - c) Patient health questionnaire 9
  - d) Montgomery Asberg Depression Rating Scale
  - e) Edinburg Post Natal Depression Scale
12. In Acute Stress disorder the following is the main treatment plan
  - a) Medications – SSRIs
  - b) Hypnosis
  - c) Family therapy
  - d) Safe environment
  - e) Cognitive Behaviour Therapy (CBT)

13. A 12 year old boy presents with history of suicidal thoughts, social isolation , poor sleep and secondary bed wetting. The child psychiatrist diagnoses depression. Which tool would you use : -
- Beck Hopelessness scale
  - Strength and Difficulties questionnaire
  - Mood disorder questionnaire
  - Behaviour Assessment system
  - Hamilton depression scale
14. Which of the following statements **BEST** defines Adjustment disorders
- Is a syndrome related to psychosis and is short term
  - Is a syndrome related to stressfull homes and workplaces
  - Is a syndrome related to stress that is short term and non psychotic in nature
  - Is a syndrome characterised by violent encounters and traumatic experiences
  - Is a syndrome related to mood changes and abuse of alcohol.
15. A 30 year Operation Linda Nchi KDF soldier , presents with history of flashbacks, insomnia and irritability 6 months after his last deployment to Somalia. What treatment option would you start for him : -
- Empathic listening
  - Family therapy
  - Psychological First aid
  - Benzodiazepines
  - Tricyclic antidepressants
16. An Aspiring Young Student leader presents to Chiromo Hospital Group with complaints of sweating alot, trembling and choking in the throat when she is addressing comrades during election campaigns. What treatment is best suited for her : -
- Deep relaxation techniques
  - Meditation and soul searching
  - Yoga and Brahnism.
  - SSRIS
  - Physiotherapy and massage therapy.
17. A 60 year old Retired Investment banker , presents with fatigue and changes in sleep and appetite for 3 days He has stopped going to the social club and likes staying indoors alot. He recently lost his pet dog.  
Which screening test would you use :-
- Patient health questionnaire 9
  - Mood disorder questionnaire
  - AUDIT
  - COWS
  - Life Satisfaction Index

18. A 25 year old salesman presents with excessive fear of being diagnosed with Covid 19 for the past 2 weeks. He reports he visits different hospitals for COVID 19 Tests which are all negative. He reports that he cant sleep and is very tired. What treatment modality would you recommend :-
- a) Cognitive behaviour therapy
  - b) Empathic listening
  - c) Applied relaxation
  - d) Hypnosis
  - e) Tricyclic antidepressants
19. Which of the following substance is commonly associated with Risk of Violence
- a) Tobacco
  - b) Caffeine
  - c) Decaffeinated Coffee
  - d) Cannabis sativa
  - e) LSD
20. What is the prevalence of Schizophrenia in General population
- a) 5 %
  - b) 0.4 %
  - c) 10 %
  - d) 6 %
  - e) 3%
21. Examine the importance of conducting tests and assessment in counselling and psychotherapy (10 marks)

## **SECTION B**

**Answer any Two (2) Questions - Total 40 Marks**

**Each Question has 20 Marks**

### **QUESTION 1**

- a) A client comes in with the following complaints. Low energy, loss of weight, sadness, poor appetite, low mood. Which they have been experiencing for the last one month. She reports that her current experience has affected her work and relationship with her spouse and teen children. Describe a step by step process you would undertake to do a complete assessment of the client and come up with a diagnosis. (15 marks)
- b) A teenager has been referred to you for assessment of anxiety. You are required to select an appropriate assessment tool to for evaluation. Explain briefly the things you would need to check for to ensure that this tool is appropriate for this assessment? (5 marks)

### **QUESTION 2**

- a) Scrutinize any 5 ethical consideration you have need to adhere to when carrying out assessments of your clients (15marks)
- b) Explain 5 ethical dilemmas a clinician might come across in the assessment process.5marks

### **QUESTION 3**

- a) You are a consultant psychologist who has received a referral from organization x for assessment as he has been obscuring work. Discuss 5 things you need to consider before you write the report (5marks)
- b) Examine all the components of the structure of the psychological report (15 marks)