



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF PSYCHOLOGY  
ADVANCED DIPLOMA IN MENTAL HEALTH PRACTICE  
END OF SEMESTER EXAMINATION APRIL 2022**

**Course Code:** ADMHP 102  
**Course Title:** Assessment in Mental Health and Practicum  
**Time:** 2 Hours: 4:00 p.m. to 6:00 p.m.  
**Date:** Wednesday, 13<sup>th</sup> April 2022

**Instructions**

1. Write your University registration number on every booklet that you use
2. Do not write on the question paper
3. All questions are compulsory

## Section B: Multiple Choice Questions (20 Marks)

- 1) \_\_\_\_\_ is not a symptoms of post-traumatic stress disorder.
  - a) Speaking fast
  - b) Nightmares
  - c) Anxiety
  - d) Hyper arousal
  
2. \_\_\_\_\_ tool below is used to assess for depression.
  - a) General Anxiety Disorder scale 7
  - b) Psl5
  - c) Positive and Negative Syndrome scale
  - d) Becks Depression Inventory
  
3. \_\_\_\_\_ tool is used to assess for anxiety.
  - a) BAI
  - b) PSL-5
  - c) BDI
  - d) Thermometer
  
4. In DSM 5, \_\_\_\_\_ disorders is classified as an Anxiety disorder.
  - a) Insomnia
  - b) Acute Depression
  - c) Obsessive compulsive disorder
  - d) Bipolar Mood disorder
  
5. In Screening for Alcohol use disorder, \_\_\_\_\_ tool is quickly administered when gathering history.
  - a) ASSIST
  - b) AUDIT
  - c) CAGE
  - d) ASI
  
6. A student presents to Chiromo Hospital Group with complaints of insomnia, fatigue, low mood, poor appetite for 3 months. I would suspect the student to have \_\_\_\_\_ disorder.
  - a) Depression
  - b) Mild anxiety disorder
  - c) Acute stress disorder
  - d) Adjustment disorder
  
7. A 17-year-old girl presents with low moods, poor sleep, loss of appetite and suicidal ideation. \_\_\_\_\_ tool would you administered.
  - a) Patient health questionnaire 9
  - b) General anxiety depression number 7
  - c) ADHD self-rating scale

- d) Penn State worry questionnaire
8. A 35-year-old famous musician presents with history of increased energy, talking a lot, dressing in a suggestive manner and flirting a lot with opposite gender. \_\_\_\_\_ tool would be administered.
- a) Positive and negative syndrome scale
  - b) Brief psychiatric rating scale
  - c) Strength and difficulty questionnaire
  - d) Mood disorder questionnaire
9. The prevalence of depression according to the world health organization is \_\_\_\_\_:
- a) 1 in 4 people
  - b) 2 in 7 people
  - c) 1 in 20 people
  - d) 3 in 5 people
10. A 19-year-old man was recently diagnosed with schizophrenia. A symptom he is been bound not to experience is \_\_\_\_\_.
- a) Hallucinations
  - b) Excitement
  - c) Delusions
  - d) Disorganized speech
11. A 32-year-old lady comes for assessment at Chiromo Hospital group. She says God has been telling her to give her money to the poor and she also beliefs she is the saviour. However, she has not been experiencing any hallucinations. The disorder she would have is \_\_\_\_\_.
- a) Depressive disorder
  - b) Anxiety disorder
  - c) No disorder
  - d) Delusional disorder
12. In bipolar mood disorder, the following symptoms are present except.....
- a) Elevated mood
  - b) Politeness
  - c) Agitation
  - d) Racing thoughts
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. \_\_\_\_\_ tool would be used for diagnostic purposes.
- a) Beck Hopelessness scale
  - b) Mood disorder questionnaire
  - c) Behaviour Assessment system

- d) Child depression inventory
14. \_\_\_\_\_ symptoms are not present in Anxiety disorders
- a) Hyper arousal
  - b) Elevated heart rate
  - c) Excess worry
  - d) Excess sleep
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. \_\_\_\_\_ therapeutic approach may be best suited to help him.
- a) Person centered therapy
  - b) Family therapy
  - c) Psychological first aid
  - d) Trauma-focused CBT
16. An aspiring young student leader presents with complaints of sweating a lot, trembling, fear of scrutiny, anxiety in the presence of people, elevated heart rate. She would be suspected to have \_\_\_\_\_ disorder.
- a) Generalized anxiety disorder
  - b) Social anxiety disorder
  - c) Depression
  - d) OCD
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 a lot. He recently lost his pet dog. I would screen for \_\_\_\_\_.
- a) Major depressive disorder
  - b) Substance use disorder
  - c) Grief
  - d) Life Satisfaction
18. \_\_\_\_\_ is not necessary while making a diagnosis.
- a) Cognitive behaviour therapy
  - b) Clinical intake
  - c) Collaborative information
  - d) Diagnostic statistical manual
  - e) Psychological assessment tools
19. \_\_\_\_\_ is a psychological tool would you use to evaluate for obsessive compulsive disorder.
- a) GAD 7
  - b) Burnout scale
  - c) BAI
  - d) YBOC

20. The acronym ADHD stand for\_\_\_\_\_.
- a) Attention delay hypertensive disorder
  - b) Anxiety decreased hyperactive disorder
  - c) Attention deficit hyperactive disorder
  - d) Anhedonia deprived hyperactive disorder

**SECTION B: Long Easy Questions (40 Marks)**

- Q. 21.
- a) Outline five reasons for conducting psychological testing (5 Marks)
  - b) Discuss the different components of an intake interview (15 Marks)
- Q. 22.
- a) List and describe five ethical dilemmas in assessment (5 Marks)
  - b) Describe the steps you would take to diagnosis a client with depression (15 Marks)

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