



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

REGINA PACIS INSTITUTE OF HEALTH SCIENCES

MAIN EXAMINATION

JANUARY – APRIL 2018 TRIMESTER

FACULTY OF SCIENCES

DEPARTMENT OF COMMUNITY HEALTH AND DEVELOPMENT

REGULAR PROGRAMME

CHD 216: MENTAL HEALTH

P.O. Box 62157
00200 Nairobi - KENYA
Telephone: 891601-6
Fax: 254-20-891084
E-mail: academics@cuea.edu

Date: APRIL 2018

Duration: 2 Hours

INSTRUCTIONS: Answer ALL Questions

Section 1 (Answer All questions) – 40 marks

- Q1. Define psychiatry and give three general categories of mental disorders. **(5 marks)**
- Q2. Briefly explain the supernatural traditional conception of abnormal behavior. **(5 marks)**
- Q3. Give six causes of mental disorders **(6 marks)**
- Q4. List any five physical symptoms of panic disorder. **(5 marks)**
- Q5. Explain when a person is likely to have post-traumatic stress disorder and any five problems PTSD can cause. **(7 marks)**
- Q6. Psychotherapy paired with medication is the most effective way to promote recovery in mental illnesses. Give five examples of psychotherapy. **(5 marks)**
- Q7. Mental status assessment is a structured way of observing and describing a patient's psychological functioning at a given point in time. List any seven domains of this assessment. **(7 marks)**

Section 2 (Answer any three questions) – 60 marks

- Q1. a) Describe three main symptoms of schizophrenia. **(10 marks)**
- b) Describe cluster A of personality disorders mental illnesses. **(10 marks)**

- Q2. Discuss the anxiety disorders in mental health. **(20 marks)**
- Q3. There are many advantages for integrating mental health services into primary healthcare. Explain these advantages. **(20 marks)**
- Q4. Discuss how restoration of community functioning and well-being of an individual diagnosed in mental health can be carried out. **(20 marks)**

END