THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

SEPTEMBER – DECEMBER 2019 TRIMESTER

FACULTY OF SCIENCES

DEPARTMENT OF COMMUNITY HEALTH

REGULAR PROGRAMME

D/CHD 216: MENTAL HEALTH

Date: DECEMBER 2019	Duration: 2 Hours
INSTRUCTIONS: Answer ALL Questions in SECTION A and any FOUR in SECTION B	

SECTION A: Answer All Questions- (30 Marks)

Q1.   Define the following terms as used in mental health

       a)   Mental Health.

(2 Marks)

       b)   Mental Illness.

(2 Marks)

       c)   Mental Health Problems.

(2 Marks)

Q2.   Explain three risk factors common to mental health problems and mental disorders giving examples in each case.

(6 Marks)

Q3.   Give any three signs of attention deficiency disorders.   **(3 Marks)**

Q4.   Explain five primary health care preventive interventions that a Community Health officer should implement at the community level.

(5 Marks)

Q5.   State five types of hallucinations.   **(5 Marks)**

Q6.   Explain any four causes of mental health problems in adolescents   **(5 Marks)**

SECTION B –CHOOSE ANY FOUR QUESTIONS-(40 MARKS) Question

Q7.   Describe how mental health is important to Local, Regional, and International Development Goals/agenda.

(10 Marks)

Q8.   A 17-year-old, female patient with anorexia nervosa has just been released from the hospital.

   a)   Give two possible factors that are likely to cause the above mental disorder.

(2 Marks)

   b)   Explain four corrective measures that can be used to treat the above disease.

(8 Marks)

Q9.   Discuss two techniques that can be applied during behaviour therapy.

(10 Marks)

Q10.   Discuss the use of occupational therapy in management of patients with mental illness.

(10 Marks)

Q11.   Mental disorders have a great chance of slowing development. discuss how mental health can become an economic burden to the community

(10 Marks)

END