

1- Mcq questions : (20 marks)

1. Primary prevention of mental illness focuses on:

- A. Treat individual in any psychiatric setting.
- B. **Teach stress management techniques to any population.**
- C. Refer clients who demonstrate symptoms to other appropriate mental health care providers.
- D. Provide ongoing outpatient therapy group that meets for mutual support of members.

2. Saffinax is:-

- A. Antimanic
- B. Antianxiety
- C. Antidepressant
- D. **Antipsychotic**

3. Erikson described the psychosocial tasks of the developing person in his theoretical model. The primary developmental task of the young adult (age 18 to 25) which is:

- A. **Intimacy versus isolation**
- B. Industry versus inferiority
- C. Generativity versus stagnation.
- D. Trust versus mistrust

4. According to Freud's psychosexual theory, the ego has several functions, one of which is to:

- A. Serve as the source of instinctual drives..
- B. Stimulate psychic energy.
- C. Operate as a conscience that controls unacceptable drives
- D. **Test reality and direct behavior**

5. If a child sucks his thumb which of Freud's psychosexual stages is he stuck in?

- A. Anal stage
- B. Latency stage

C. Phallic stage

D. Oral stage

6. Which part of the brain involved with visual recognition, auditory, perception, memory and emotions ?

A . Frontal lobes

B. Parietal lobes

(C). Temporal lobes

D. Occipital lobes

7. Which part of the brain concerned with integration of affective Emotional aspects of behavior, memories, and basic drives.

A. Sympathetic system

B. Para sympathetic

C. Parasympathetic system.

D. Limbic system.

8- Being aware of patient's likes and dislikes is means of showing:

A- Consistency

B- Assurance

C- Understanding

D- Acceptance

9. Man reacts to news of death of a loved one by saying, No, I don't believe you.

A. Denial.

B. Projection.

C. Repression.

D. Rationalization

10. Five years old girl dresses in the mother's shoes and dress and meets her father at the door

A. Intellectualization.

B. Suppression.

C. Isolation.

D. Identification.

11. The client tells the nurse that the television set in the room is really a two way radio. The client states that “voices are coming from the TV and everything we say in this room is being recorded.” The appropriate nursing response would be:

A. What are the voices saying?

B. That must be very frightening.

C. Do you recognize the voices?

D. Is the television set turned on?

12. A patient's spouse died three months ago. The patient says "I would like my friend Tom to have my collection of artwork because I don't need to look at them anymore". Which of the following responses by the nurse would be proper?

A. Did Tom ask for the artwork?

B. Are you planning to commit suicide?

C. Does Tom know you want to give him the artwork?

D. Why do you want to give the artwork away?

13. Acceptance, trust and boundaries are established during which phase of the therapeutic nurse-client relationship?

A. Working

B. Termination

C. Orientation

D. Preinteraction

14. The patient who refuses to eat his meals stating the food is poisoned is expressing an example of:-

A. Hallucination.

B. Delusion.

C. Negativism.

D. Depersonalization.

15. While the patient believes that his lover or partner is unfaithful. This means that the patient has:

- A. Delusion of persecution.
- B. Delusion of infidelity.**
- C. Obsession.
- D. Delusion of sin.

16. While you make assessment for the patient at the outpatient clinic, and you did not understand anything, this means:

- A. Flight of ideas.
- B. Confabulation.
- C. Incoherence.**
- D. Blocking.

17. The best approach for the mental health nurse to take when a client thinks his food is poisoned is to:

- A. assure the client that all food served on the hospital is safe to eat.
- B. obtain an order for a tube feeding for the client.
- C. provide the client with food in unopened containers.**
- D. tell the client that irrational thinking is detrimental to good health.

18- A 18 years old patient is admitted to the inpatient unit with a diagnosis of schizophrenia. The patient has had episodes of school absenteeism, withdrawal from friends, and bizarre behavior, including talking to his or herself.

Which types of disturbance the patient complain from?

- A. Altered thought process.
- B. sensory perceptual alteration.**
- C. Ineffective individual coping.
- D. Anxiety.

19. Recurrent, intrusive, senseless ideas, thoughts, and images that are ego-dystonic and involuntary are termed as

- A. Hypochondriasis
- B. Obsessions**
- C. Compulsions

D. Obtrusiveness

20-In order to assume the sick role intentionally produced physical or psychological symptoms are known as?

- A. Factitious disorder
- B. Conversion disorder
- C. Somatization disorder
- D. Hypochondriasis

2- True or false questions : (20 marks)

1.The central theme of the jealous delusion is unfaithfulness or infidelity of a spouse or lover.	<u>T</u>	F
2.Visual hallucinations are common in schizophrenic patient.	T	<u>F</u>
3.Is it more common for men to get depression than women	T	<u>F</u>
4.Certain medications used to treat somatic illnesses have been known to trigger a manic response.	<u>T</u>	F
5. Manipulative behavior is common in manic patient as attempt to fulfill personal desires.	<u>T</u>	F
6.Anxiety disorders are a disturbance caused by a stressful event or a perceived threat to self. The coping become ineffective in dealing with threat.	T	<u>F</u>
7-Using restraints may increase agitation in patients with dementia.	<u>T</u>	F
8-Tricyclic antidepressants are the first oldest class of antidepressant drugs.	<u>T</u>	F
9-The Selective serotonin reuptake inhibitors (SSRIs) are the class of antidepressants commonly used as the first line treatment for depression.	T	<u>F</u>

10- Instruct client who receive antidepressant drugs rise slowly from lying or sitting position to avoid Orthostatic hypotension.	<u>T</u>	F
11- Antidepressant drugs may be taken after food to minimize GIT distress.	<u>T</u>	F
12- For Sedation of antidepressant drugs, give the drug at bed time.	<u>T</u>	F
13-Anti- anxiety toxicity develops in overdose or accumulation of the drug in the body from liver dysfunction	T	<u>F</u>
14-Anti- anxiety drugs depress sub cortical levels of the central nervous system	<u>T</u>	F
15-Altruism is mutual sharing and concern for each other	<u>T</u>	F
16-In psychoanalysis the client is able to express true feelings toward individuals (represented by group members) with whom he or she has unresolved conflicts.	T	<u>F</u>
17-Principle is a rule that guides ones action.	<u>T</u>	F
18-Reassurance means taking another person at face values without punishing or approving his behavior.	T	<u>F</u>
19-staff behavior often mirrors patient` s behavior and vice – versa it means confidentiality.	T	<u>F</u>
20.Conversion is transform anxiety on an unconscious level to physical symptoms that has organic cause	T	<u>F</u>

3- Situation : (20 marks)

Mr. Ali is a 40-year-old. His wife brought him to the admission office because he had exhibited strange behavior for several months. He accused his wife of poisoning his food, spending all money, having an affair with his boss, and telling stories about him. He displayed no facial expression during his initial interview. At the end of interview, Mr., Ali whispered to the interviewer and told him that he had been receiving messages from God while watching television. On the ward, he was observed to be agitated, violent, claiming that people are against him.

Based in this situation , please answers of the following questions :

1- The most important nursing diagnosis for Mr. Ali is : (3.5 marks)

- A. Altered thought process
- B. Sensory perceptual alteration
- C. Social isolation
- D. Alteration in food intake less than body requirement

2- The most effective drug should be taken in case of Mr. Ali is: (3.5 marks)

- A. Lithante
- B. Clozapex**
- C. Tofranil
- D. Xanax

3- Mr. Ali claimed that people are against him this is consider: (3.5 marks)

- A. Delusion of grandeur
- B. Delusion of persecution**
- C. Delusion of reference
- D. Delusion of control

4- The best communication technique when we talk with Mr. Ali about his delusion is: (3.5 marks)

- A. Giving broad opining
- B. Voicing doubt**
- C. Focusing
- D. Encouraging comparison

5- Mr. Ali displayed no facial expression during his initial interview this means that he has: (3 marks)

- A. Blunted affect
- B. Flat affect**
- C. Inappropriate affect

D. labile affect

6- When we make nursing intervention about Mr. Ali's delusion we should:

(3 marks)

- A. Encourage patient to attend group and unit activities
- B. Contract with patient to tell someone if his suicidal thinking increase.
- C. Reinforce and focus on reality.**
- D. Encourage verbalization of problems associated with his delusion