

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION: MAY 2021

COURSE TITLE: NURSING MANAGEMENT OF CHILDHOOD MENTAL
DISORDERS

COURSE CODE: CHN407

TIME ALLOWED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

1. PLEASE WRITE CLEARLY AND LEGIBLY
2. PLEASE ANSWER ALL QUESTIONS
3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWER
4. START A NEW QUESTION ON A NEW PAGE
5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED
CORRECTLY

**DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN
GRANTED BY THE CHIEF INVIGILATOR OR HIS/HER
REPRESENTATIVE**

QUESTION 1: Multiple Choice

For each of the following questions, each question has only one correct option as an answer. Choose the most correct answer. Write clearly the question number and the letter that corresponds with the most appropriate or correct answer, e.g. 10. C. Each correctly answered question has one (1) mark.

1. Which of the following factor exist **long before onset of illness** that increases the risk for the presenting mental health problem?
 - A. Predisposing factors
 - B. Protective factors
 - C. Perpetuating factors
 - D. Precipitating factors
2. According to bio-psycho-social model the presence of chronic medical illness is categorized under which of the following factors?
 - A. Biological
 - B. Psychological
 - C. Social
 - D. None of the above
3. All of the following are true about mental health nursing **except**:
 - A. It is specialised branch of nursing that promotes mental well-being.
 - B. It is a specialised field of nursing which focuses on meeting the mental health needs of the clients.
 - C. It is a specialized intrapersonal process that embodies the concept of caring.
 - D. All of the above
4. The component of psychiatric assessment that describes the chronological description of signs and symptoms of the patient's current episode is termed as:-
 - A. Chief complaint
 - B. History of present illness
 - C. Past psychiatric history
 - D. Medical history
5. Assessment of behaviour and psychomotor activity are categorized under which of the following component of mental status examination?
 - A. General appearance
 - B. Mood and affect
 - C. Perception
 - D. Sensorium

6. Which of the following are risk factors for childhood psychiatric disorders?
 - A. Parental psychopathology,
 - B. Repeated early separation from parents
 - C. Poor parenting
 - D. All of the above

7. Which of the following characteristics are present in conduct disorder?
 - A. Violent or aggressive behaviour
 - B. Deliberate cruelty towards people or animals
 - C. Vandalism or damage to property
 - D. All of the above

8. Which is the most common form of stimulant medication for Attention Deficit Hyperactivity Disorder (ADHD)?
 - A. Sertraline
 - B. Benzodiazepine
 - C. Methylphenidate
 - D. Amyl nitrate

9. Which of the following is behaviour technique that has been successfully adapted to treat anxiety-based problems in children?
 - A. Systematic desensitization
 - B. Systemic family therapy
 - C. Cognitive behavioural therapy
 - D. Electro-convulsive therapy

10. In childhood disorders there are different types of problems such as Symptom-Based Disorders. One such disorder is known as Enuresis, which means:
 - A. Lack of bowel control
 - B. Bed-wetting
 - C. Stammering
 - D. Sleepwalking

11. An 11-year-old child was found to be very restless and hyperactive in the classroom, making it difficult for the other students to concentrate. He ran around the class all day long and could not sit in one place for a long time. He got very agitated when the toy in his hand was taken away. The most likely diagnosis is:
 - A. Autism Spectrum Disorder
 - B. Attention Deficit Hyperactivity Disorder
 - C. Conduct Disorder
 - D. Depressive Disorder

12. A first-grade teacher is concerned about a 6-year-old girl in her class who has not spoken a single word since school started. The little girl participates appropriately in the class activities and uses gestures and drawings and nods and shakes her head to communicate. The parents report that the little girl talks only in the home and only in the presence of her closest relatives. Which of the following is the most likely diagnosis?
- A. Autism Spectrum Disorder
 - B. Expressive Language Disorder
 - C. Oppositional Defiant Disorder
 - D. Selective Mutism
13. A 15-year-old boy is arrested for shooting the owner of the Supermarket he tried to rob. He has been in department of youth services custody several times for a variety of crimes against property, possession of illegal substances, and assault. He is cheerful and unconcerned during the arrest, more worried about losing his leather jacket than about the fate of the man he has injured. Which of the following is the most likely diagnosis in this case?
- A. Oppositional defiant disorder
 - B. Antisocial personality disorder
 - C. Narcissistic personality disorder
 - D. Conduct disorder
14. Every morning on school days, an 8-year-old girl becomes tearful and distressed and claims she feels sick. Once in school, she often goes to the nurse, complaining of headaches and stomach pains. At least once a week, she misses school or is picked up early by her mother due to her complaints. Her Paediatrician has ruled out organic causes for the physical symptoms. The child is usually symptom free on weekends, unless her parents go out and leave her with a babysitter. Which of the following is the most likely diagnosis?
- A. Separation anxiety disorder
 - B. Major depression
 - C. Attachment disorder
 - D. Generalized anxiety disorder
15. Which of the following is an example of a Specific Learning Disability?
- A. Intellectual disability
 - B. Dyslexia
 - C. ADHD
 - D. Autistic Spectrum Disorders

16. Reading Disorder is a developmental disorder and is characterised by reading achievement (e.g. accuracy, speed and comprehension) being significantly below standards expected for which of the following:
- A. Chronological age
 - B. IQ
 - C. Schooling experience.
 - D. All of the above
17. In learning disabilities, the name for mathematical disorder is:
- A. Dyspraxia
 - B. Dyslexia
 - C. Dyscalculia
 - D. Dysphasia
18. Which of the following criteria can be used to define Intellectual disabilities?
- A. Significantly below average intellectual functioning
 - B. Impairments in adaptive functioning generally
 - C. These deficits should be manifest before the age of 18-years
 - D. All of the above
19. Specific phobias are defined as:
- A. Excessive worry bouts triggered by a specific object or situation.
 - B. An abnormal sensitivity to light.
 - C. An excessive, unreasonable, persistent fear triggered by a specific object or situation.
 - D. A persistent fear of social situations.
20. Generalised Anxiety Disorder (GAD) is a pervasive condition in which the person with the diagnosis experiences:
- A. Fear of fear.
 - B. Continual apprehension and anxiety about future events.
 - C. Continual flashbacks to past events.
 - D. A desire to check that the environment is safe.
21. Which of the following is not clinical manifestation of Autism Spectrum Disorder (ASD)?
- A. Fails to respond to his or her name or appears not to hear you at times
 - B. Resists cuddling and holding and seems to prefer playing alone.
 - C. Has poor eye contact and lacks facial expression.
 - D. Doesn't speak or has delayed speech, or may lose previous ability to say words or sentences.
 - E. None of the above

22. Which one of the following is not the differential diagnosis of Autism Spectrum Disorder?

- A. Selective Mutism
- B. Attention-deficit/hyperactivity disorder
- C. Schizophrenia.
- D. Intellectual disability
- E. None of the above

23. Which one of the following is not true about Intellectual disability?

- A. Children with ID have difficulties with social judgment, self- management of behavior, emotions, or interpersonal relationships.
- B. Lack of communication skills may predispose the child with ID to disruptive and aggressive behaviours.
- C. c. lack of awareness of risk may result in exploitation by others and risk for physical and sexual abuse.
- D. Individuals with a diagnosis of intellectual disability with co-occurring mental disorders are at risk for suicide.
- E. None of the above

24. One of the following is the characteristics of normal anxiety

- A. Has known problem
- B. Not well defined
- C. Often chronic
- D. Threat not immediate

25. Trauma and Stressor Related Disorders includes all of the following except

- A. Acute Stress Disorder
- B. Adjustment Disorder
- C. Posttraumatic Stress Disorder (PTSD)
- D. Reactive Attachment Disorder
- E. None of the above

(25 marks)

QUESTION TWO (2)

- A. State whether the statement below are true or false. Write the alphabet representing your answer against the question, e.g T=F. Each correct answer has 1 mark.**
- 1. Younger children are more likely to experience anxiety symptoms than older children.
 - 2. The essential feature of separation anxiety disorder is excessive fear or anxiety concerning separation from home or attachment figures.
 - 3. The disruptive, impulse-control, and conduct disorders all tend to be more common in males than in females.

4. It is common for either conduct disorder or oppositional defiant disorder to first emerge in adulthood.
5. Disinhibited social engagement disorder is not diagnosed in children younger than nine months old.
6. Precipitating factors are factors that occur just before the appearance of symptoms, either when illness is first experienced or when it relapsed
7. The exact cause of Autism Spectrum Disorder is yet uncertain.
8. Conduct disorder is more common in children of biological parents with severe alcohol use disorder.
9. The most obvious symptom of disinhibited social engagement disorder is the absence of normal fear or discretion when approaching strangers.
10. Post-Traumatic Stress Disorder can be triggered in children by witnessing one parent attacking the other.
11. Childhood Obsessive Compulsive Disorder (OCD)affects more females than males.
12. No cure exists for autism spectrum disorder, and there is no one-size-fits-all treatment
13. In children, separation anxiety disorder is highly comorbid with generalized anxiety disorder
14. Compulsions are repetitive behaviours that you feel driven to perform.
15. Precipitating factors are stressors occurring just before the appearance of symptoms, either when illness is first experienced or when it relapsed.

B. Matching, write the alphabet that represents your answer from column B against the question number in column A. e.g. 12= C. Each correct answer has 1 mark.

Seq.no	Column A	Column B
1	Primary Encopresis	a. Soiling in a child who has previously acquired bowel control.
2	Secondary Encopresis-	b. soiling in a child who has never gained bowel continence for six months or more
3	Dysgraphia	c. writing disability
4	Dyslexia	d. impairment in mathematics
5	Dyscalculia	e. impairment in reading
6	In attentive symptom of ADHD	f. Often has difficulty awaiting turn
7	Hyperactive symptom of ADHD	g. Is often "on the go" or often acts as if "driven by a motor"
8.	Impulsive symptom of ADHD	h. does not seem to listen when spoken to directly
9.	Anxiety	i. A response to a threat that is unknown, internal, vague, or conflictual.
10	Fear	j. Is a response to a known, external, definite, or non-conflictual threat.

(25 marks)

QUESTION THREE (3)

1. List the four most recognized models in the aetiology of anxiety disorders in children(2 marks)
2. For the past 3 months, a 15-year-old girl has had to turn her light on and off more than 15 times before she can go to bed. She can spend from 1 to 2 hours on this ritual because she has to start again if she is interrupted or loses count. She is upset if the position or the order of the objects she has on her desk is changed even slightly and cannot stop worrying about her family's safety. The girl knows that this behavior is not "normal" and is concerned and unhappy about it.
 - a. What could be the possible psychiatric diagnosis of the girl? Justify your answer using DSM -5 (8mark)
 - b. What could be the possible differential diagnosis(5 marks)
 - c. Discuss the non-pharmacological management of the problem(5marks)
 - d. List down the psychiatric disorders that could be comorbid with the possible psychiatric diagnosis of the girl (5 marks).

(25 marks)