



UNIVERSITY OF ESWATINI

FIRST SEMESTER MAIN EXAMINATION PAPER, NOVEMBER 2019

FACULTY OF SOCIAL SCIENCES

DEPARTMENT OF SOCIAL WORK

COURSE CODE: SWK 431

**TITLE OF PAPER: PSYCHOLOGICAL AND PSYCHOTHERAPY
INTERVENTIONS**

TIME ALLOWED: 2 HOURS

Instructions

1. This paper consists of Section (A) and (B).
2. Section A is compulsory.
3. Answer ONE question from Section B.

Special Requirements

None

Additional Material (s)

*Candidates may complete the front cover of their answer book when instructed by the Chief Invigilator and sign their examination attendance cards but must **NOT** write anything else until the start of the examination period is announced.*

No electronic devices capable of storing and retrieving text, including electronic dictionaries and any form of foreign material may be used while in the examination room.

DO NOT turn examination paper over until instructed to do so.

QUESTION 1 (COMPULSORY)

Thulisile is a 22-year-old nursing student at the University of Limpopo. A month ago, she presented at the campus clinic complaining of insomnia, restlessness, and emotional lability that progressed to confusion, irritability, delusions and suicidal thoughts. Thulisile was referred to the campus' counselling centre for an assessment but has since refused to access this service. Her reasons for refusing mental health care are that she is not "crazy" and that her family will disown her if she is perceived as mentally ill.

Discuss, in detail, mental illness stigma and its effect on the use of mental health services in the Kingdom of Eswatini. In your discussion, include possible stigma reduction interventions that can be put in place to assist Thulisile. (50 Marks)

CHOOSE AND ANSWER ONE (1) QUESTION

QUESTION 2

The unofficial culture of family secrets, especially on issues of Mental illness, GBV and Child Sexual Abuse, is fast growing within Swazi homes.

- (a) Discuss the culture of "tibi tendlu" in the context of Eswatini and how this concept can exacerbate mental illness.
- (b) Discuss possible interventions that you would put in place as a Social Worker that would assist in counteracting this concept. (50 Marks)

QUESTION 3

The paediatrician notes that Georgia has been having problems at school and that her academic progress has been affected recently. She also observes that Georgia struggles to sit still during the consultation and that Emma has come prepared with books and toys, which are of limited success in keeping Georgia occupied. Emma admits that this is normal for Georgia and that it has always been difficult to retain her attention for more than 10 minutes at a time.

Discuss Georgia's diagnosis and possible interventions that you would put in place as Georgia's social worker. Substantiate your responses. (50 Marks)

QUESTION 4

The biomedical approach in the treatment of mental illness is a model that arises from a traditional psychiatric model of care. It places emphasis on the medical origin of mental health issues and places primacy on the expertise of the clinician in diagnosing and treating mental illness, predominantly with medication.

- (a) Discuss the bio-psycho-social model and how it can be used as an alternative model in the treatment of mental illness as opposed to the biomedical approach. (50 Marks)

QUESTION 5

Thulani is a 27-year-old woman with a diagnosis of schizophrenic disorder. She was referred through the Community Mental Health Team to a specialist Forensic Mental Health support service. Her offences were a series of assaults, mostly attacks on her mother but some involving members of the public. All of these offences were considered to be as a direct result of Thulani's mental health problems. She had delusional beliefs, and periods of great excitability, anger and frustration, and also periods of deep depression. She was referred to the service whilst living in an accommodation based service, where she did not wish to stay. Prior to that she had been in hospital for 14 months. Whilst her mental health was not stable and a risk of suicide was identified, Thulani agreed with her care team that her living in the community did not necessarily increase the risk and in fact she anticipated that living alone would aid her recovery. Thulani had had her own tenancy before, but it had not been successful.

Discuss your role as the social worker in this case.

QUESTION 6

Every year on the 10th October, World Mental Health day is commemorated. This year's theme was suicide and suicide prevention. Statistics indicate that about 800 000 people commit suicide every year: it is the 2nd leading cause of death among 15-29 year olds.

- (a) Discuss the issue of suicide in the context of Eswatini and possible risk factors.
(b) Discuss possible interventions from a social work perspective that would minimize the number of young people committing suicide. (50 Marks)