

Paper Code-032001

B. Sc. Nursing 6th Semester Regular University Examinations

Subject: Mental Health Nursing (I & II)

Time Allowed: Three Hours

Maximum Marks: 75

Note:

- The candidates must limit their answers to the answer book (60 pages) issued to them. No supplementary Continuation answer sheet shall be provided.
- Illustrate your answers with suitable diagrams, graphs and flow charts.
- Attempt MCQ in OMR Sheets.
- OMR Sheets shall be collected 15 minutes after starting of Examination.

Multiple Choice Questions

(12x1=12 Marks)

Q1. In the context of mental health the term "normal behavior" refer to:-

- a) Conforming to societal expectations
- b) Being consistently happy
- c) Following rigid routines
- d) Displaying eccentric traits

Q2. A maladaptive coping mechanism that shields an individual from the awareness of painful realities is:-

- a) Regression
- b) Repression
- c) Rationalization
- d) Reaction formation

Q3. According to principles of mental health nursing, the significance of establishing trust in the nurse- patient relationship is to:-

- a) It ensures the patient's complete dependence on the nurse.
- b) Trust is not relevant in mental health nursing.
- c) It promotes open communication and cooperation
- d) It guarantees quick recovery.

Q4. The ICD-11 was released in :-

- a) 2000
- b) 2011

c) 2018

d) 2022

Q5. In Nurse –Patient relationship, what does the Johari Window aim to achieve?

- a) Expand the physical environment
- b) Increase confidentiality
- c) Enhance self Awareness and mutual understanding
- d) Establish clear boundaries

Q6. The positive symptoms of schizophrenia is:-

- a) Alogia
- b) Hallucinations
- c) Blunt Affect
- d) Anhedonia

Q7. Example of SSRI is

- a) Paroxetine
- b) Diazepam
- c) Clozapine
- d) Buspirone

Q 8. EPS includes:-

- a) Tachycardia
- b) Tremors
- c) Neuroleptic malignant syndrome
- d) Arrhythmias

Q9. In this condition individual suddenly travels away from his home and forgets his identity or personal history.

- a) Dissociative amnesia
- b) Dissociative fugue
- c) Dissociative identity disorder
- d) Depersonalization

Q10. Disorder in which psychological distress is expressed in physical symptoms that mimic neurological condition.

- a) Somatization disorder
- b) Pain disorder
- c) Conversion disorder
- d) Panic disorder

Q11. POSCO Act was passed in 2012 to comprehensively deal with :-

- a) Admission and discharge of mentally ill
- b) illegal drug trafficking
- c) issues of sexual offence against children
- d) protect rights of mentally ill

Q12. It is a technique that can be used with younger children who are less able to communicate and express their feelings verbally.

- a) Play therapy
- b) Cognitive Behavior therapy
- c) Family therapy
- d) Psychodynamic therapy

Q1. Define Phobia. Explain its etiological factors. List the clinical features of phobia. Discuss the management of patient with Social Phobia. (2+ 3+3+7= 15 Marks)

Q2. Define Major Depressive Disorder. Explain the etiological factors and clinical manifestation for depression and Write the nursing management of patient with suicidal thoughts. (2+6+7=15 Marks)

Q3. Short Questions:

(5x5=25 Marks)

- a) Nursing Care plan of catatonic schizophrenic patient.
- b) Primary prevention of mental illness.
- c) Dementia
- d) Crisis intervention
- e) Nursing management of patient with substance abuse

Q4. Very short Answer Questions:

(4x2= 8 Marks)

- a) List any four techniques of behavior therapy.
- b) Write any two differences between psychosis and neurosis
- c) List any four therapeutic communication techniques
- d) List four behavioral disorders occurring during childhood.
- e) List any four side effects of antidepressant drugs.
