



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
AUGUST, 2019 UNIVERSITY EXAMINATION
FOR THE DEGREE OF BACHELOR OF SCIENCE
IN COMMUNITY HEALTH AND DEVELOPMENT
4TH YEAR 2ND SEMESTER 2018/2019 ACADEMIC YEAR
NAMBALE

COURSE CODE: HCD 3421

COURSE TITLE: MENTAL HEALTH

EXAM VENUE: STREAM: (BSc Comm Hlth & Dev/Public Health)

DATE:

EXAM SESSION:

TIME: 2.00 HOURS

Instructions:

- 1. Answer all questions in Section A and ANY 2 questions in Section B.**
- 2. Candidates are advised not to write on the question paper.**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room.**

Section A: Answer ALL Questions in this section (30 marks)

1. Outline the significance of mental health promotion to the public (3 marks)
2. State the objectives of the Kenya Mental Health Act, 1989 (3 marks)
3. Enumerate three clinical features of anxiety (3 marks)
4. Describe main aetiological factors of mental illness in our society (3 marks)
5. Explain the main cultural factors that would prevent promotion, treatment and control of mental illness in Kenya. (3 marks)
6. Give three major clinical features of autism (3 marks)
7. Describe three ethical concerns related to complementary and alternative medicine (CAT) in the management of psychiatric disorders. (3 marks)
8. Suggest three possible ways of preventing the occurrence of mind disorders (3 marks)
9. What are the significance of physical examination during psychiatric assessment. (3 marks)
10. Match the correct definition in column A with the correct disorder symptom in column B (3 marks)

A	B
a. Involuntary repetition of the same thought, phrase or motor response to different questions	i. Antisocial
b. Words a person makes up that have meaning for the person himself, often part of a delusional system	ii. Illusion
c. Unable to conform to social norms	iii. Hallucination
d. Special directed by sound of a word rather than by its meaning	iv. Xenophobia
e. Perceptual misinterpretation of a real external stimulus	v. Perseveration
f. Abnormal fear of strangers	vi. Clang Association
	vii. Zoophobia
	viii. Neologism

Section B: Answer ANY TWO Questions in this section

1. a) With examples of mental illness, discuss five types of therapies applicable in psychiatric treatment. (12½ marks)
b) With five relevant examples explain the relationship between physical health/illness and mental health/illness. (7½ marks)

2. a) Mental health and illness has faced challenges of diagnosis, treatment and prevention due to emerging issues. With examples identify and describe FIVE main emerging issues in mental health and explain how you as a public health officer/community health officer would address these issues (12½ marks)
b) Describe the International instruments safeguarding rights of people with mental disorders as outlined in Mental Health Act (1989) Cap 248 (revised 1991) of the Laws of Kenya (7½ marks)

3. As the new Officer of Mental Health in Busia County you realize that there is a rise in reported cases of mental illness compared to other counties in Kenya. Explain how you would design the prevention and control strategies for mental illness in this county in relation to problems associated with;-
 - a) Alcoholism (5 marks)
 - b) Dementia (5 marks)
 - c) Antisocial personality disorder (5 marks)
 - d) Schizophrenia (5 marks)

4. Mental illness has been known to have very serious consequences to individuals, communities, and the society at large. With local examples, discuss FIVE consequences for individuals and FIVE consequences for communities and as a public health officer/community health officer express the mental health strengthening mechanisms that you may suggest to policy makers and communities to advance towards individuals, communities and the society. (20 marks)